Rubarb given wth ye Bark

℞ of Bark Pow^r Powder six Dram
— Root Rubarb Two drams
Salt of Wormwood
— of Centaury
— of Cardum Benedict.
of Each Half a Dram
— Ven^s Troches Three Drams
— Conserves of Violets One Ounce
— Hair despumate or purified
a sufficient Quantity. Manlakin

page 5

And Root of ye Bark given wth Ven: Troches

℞ of ye Bark Pow^r Powder One Ounce
— Salt of Wormwood
— Salt of Cardum Benedict.
of Each One Dram
— Ven: Troches half an Ounce
Hair of Roe 2:5 make an
electuary p. 46.

Rubarb given with Bark.

℞ of Bark whitewine a Quart
of Pure Powder rain water Ounce
Vom: Tricocc half an Ounce
Choice Rubarb cutt small Two drams
Herb Coriander Two Pugills.
Mace a Scruple
Nutmeg rasp'd half a dram
Salt of Nitre purify'd Two drams
Let stand in a Cold Infusion
Twenty four Hours
Strain off thro' a flannel add Wine
Take of ye four Ounces three times a day
in Morn after noon & after supper (fasting & bed)

℞ if a Little Rub: were added
to ye Recⁿ of Bitters at ye
end of ye Book, it might do well
two drams

# THE SEA-SURGEON, OR THE Guinea Man's *VADE MECUM.*

In which is laid down,

The Method of curing ſuch Diſeaſes as uſually happen Abroad, eſpecially on the Coaſt of *Guinea*; with the beſt way of treating Negroes, both in Health and in Sickneſs.

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Written for the Uſe of young Sea Surgeons,

By *T. AUBREY*, M. D.

Who reſided many Years on the Coaſt of *Guinea*.

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*LONDON:*

Printed for JOHN CLARKE at the *Bible* under the *Royal-Exchange*.

MDCCXXIX.

TO

Dr. *DANIEL TURNER*,

OF THE

College of Physicians *London*,

THIS

# TREATISE,

As a Testimony of Respect,

*Is most humbly inscribed*

*By the* Author.

# THE CONTENTS.

# THE SEA SURGEON, OR THE Guinea-Man's *VADE MECUM.*

## CHAP. I.

### *Of a Diſeaſe.*

A Diſeaſe is a Contention of Nature, with whatſoever it finds oppoſing it, whereby it endeavours to expel it, as a Diſturber of its ordinary Actions, Faculties, or Motions. Its Cauſe ariſes from the Con-

veyance of ſome noxious Particles into the circulating Juices of the Body, whether by Air in Reſpiration, or by Food impregnating the Chyle with unnatural Corpuſcles, ſo that in the Concluſion, the Fluids acquire an irregular Motion. For as the Body cannot exiſt without the help of Air in Inſpiration and Expiration, ſo the Fluids would be altogether incapable of Circulation without it; whence all Parts muſt needs acquire Corruption, becauſe that Senſe, Motion, and all other vital and reciprocal Faculties would be totally extinct. Moreover, all and every even the moſt minute Parts of our Bodies are ſuſtained, nouriſhed and fortified, after ſo wonderful a manner, that they can in no wiſe retain their Temperament and Conformation without Air, as the divine *Hippocrates* loudly proclaims, *Qualis Aer, tales Spiritus, quales Spiritus, talis Sanguis, tales Partes, taleque Corpus univerſum.* As is the Air, ſo are the Spirits, as are the Spirits, ſo is the Blood, as is the Blood, ſo are the Parts, and ſo is the whole Body. And again in another Place, *viz. l. de flat. Aërem nutrire* (ſays he) *quod convertitur in ſubſtantiam Spirituum.* The Air nouriſheth, becauſe it is converted into Spirits. Hence then we may probably believe,

lieve, that there is a kind of natural, pure, ſubtile, benign Air, exiſting in all and every part of a living Body, which conſerves and corroborates its whole Frame and Compoſition, and is the only inſtrumental Propagator of all the various Faculties and Functions of Life, Strength, Motion and Senſation. And what is that ſubtile Air, but what we call natural Heat? What, ſave animal, vital, and natural Spirits? And whence are all thoſe generated, but from the moſt ſubtile, penetrating Particles of Air, incorporating themſelves with the moſt pure, ſubtile, ſpirituous Corpuſcules of the Blood? And whence the Blood itſelf, but from the moſt pure, airy, vegetative and vital Subſtance of Animals, Vegetables, *&c.* which we daily make uſe of for our neceſſary Food? As it is very well obſerved by *Anon. in Phyſ. Reſtitut. Idem natura* (ſays he) *in animalibus exercet, nam cibus, & potus quibus illa veſcuntur, melior ſaltem eorum pars in humores, ac tandem ſpiritus terminantur.* The ſame way Nature operates in Animals, for the Meat, or Drink, with which they are nouriſhed, the better, *i. e.* the more noble part of them are changed into Humours, and ſo at length into Spirits. So that whatſoever we eat, or drink, being conveyed

thro' the *Æſophagus* into the Stomach, is there, by the natural Heat, together with other natural Properties co-operating with it very aptly digeſted, or concocted, which is only a Separation of the moſt ſubtile, from the moſt groſs Parts of the ſaid Aliments; and the moſt groſs Particles being unapt to be received by the lacteal Veſſels, partly by their proper Ponderoſity, and partly by the Motion of the yielding Inteſtines (being no more uſeful to Nature) do glide down by Degrees towards the *Rectum*, and ſo are diſcharged. But the moſt ſubtile, pure, delicate Part, commonly denominated Chyle, creeping up and down the Folds of the Guts, is more and more rarified, and becomes more and more perfect. Juſt as Dews agitated, and rarified by the celeſtial ſolar Rays, do climb up by Degrees till they arrive at the Summits of Herbs, or Flowers, and at length aſſume a pure aerial Quality, and incorporate with the Air, and exiſt as Air. So the Chyle acquiring a perfect and pure Conſiſtence, glides *gradatim* into the Orifices of the *Venæ lacteæ*, and is tranſmitted to the meſenterick Glands, and aſcends the *Ductus Thoracicus*, by which it is tranſported to the *Subclavian*, and deſcends into the right Ventricle of

the

the Heart, where it is in the whole, or in part ſanguified, incorporating there with the ſanguinary Maſs. Whence we may very reaſonably believe that the chief Inſtrument of Life, Motion and Generation proceeds from the Air, and without it nothing is generated, or can exiſt a Moment. For if it be true that the *Fœtus* is generated only from aerial ſubtile Spirits, exhaling from the Progenitors Seed; which, after having paſſed the internal Orifice of the *Matrix* even to its *Fundus*, there paſs through the *Tubæ Falopianæ*, and impregnate the *Ovaria:* If this be true (I ſay) as many affirm, and that the *Ovaria* of Hens are fecundated only by a Touch of the Cock's humected *Penis*, at a great Diſtance; who then will deny that all Creatures under the Heavens, whether Animals, Vegetables, or whatſoever Body, having Subſtance, Ponderoſity, Colour, Conſiſtence, or ſuch like Properties, of whatſoever Kind or Gender they may appear to be, are by the orderly Providence, omnipotent Power, and Permiſſion of the Almighty, generated from Air? although the Air, in its proper Purity, is a very ſubtile, ſpiritual, imperceptible Body, and alſo very impalpable, neither ſolid, nor ponderous, but light,

volatile, and penetrating; yet notwithſtanding as it incorporates itſelf with the moſt pure ſubtile Corpuſcles of other Bodies, it doth by that means produce Things ſolid and ponderous, which we may ſuppoſe to be in the following manner. The celeſtial ſolar Rays acting on the Earth, do, by their Heat, continually exhale or attract its Humidities; and rarifying them till they aſſume a pure aerial Quality, they are intimately incorporated together till Sun-ſet, when the Cold again condenſing the Humidity, it deſcends by its own Weight to the Earth, in Form of a Dew reſting on Herbs, Flowers, *&c.* The Day following, the Humidity is again elevated and concocted by the ſolar Rays, till at length it is in ſome meaſure inſpiſſated, and as it were reſiſting any farther Exhalation, ſinks into the Pores of the Earth, and repoſites there its ſubtile, aerial, ſeminal, prolific Subſtance. By the ſpirituous Warmth exiſting in the Cavities of the Earth, it is ſtill more and more concocted, the more fluid part of it acquiring a pure and ſpiritual Quality, is denominated by the chymical Writers, *Mercurius Philoſophorum*; this ranges up and down the Pores of the Earth, and at length copulates with the pure pinguious

guious Corpuſcles it meets with there, congealing them into Stones, Metals, *&c.* according to the aptneſs of the *Matrix* in which they are lodged, as *Anonym.* in *Philoſ. reſtitut.* has obſerved, *Immo ipſa terræ viſcera aere replentur*; the very Bowels of the Earth are replete with Air. And again; *Intrinſecus terræ humor, quo omnia vegetabilia tanquam propriæ nutricis ſuæ lacte nutriuntur, nihil aliud eſt quàm aer calidus & humidus, terræ ſtrictiſſimè adhærens, ei vim altricem & nutritivam propinans.* The intimate Humidity of the Earth, by which, as by the Milk of their proper Nurſes all Vegetables are nouriſhed, is only a hot and humid Air, ſtrictly adhering to the Earth, and conveying to it a kind of nutritive Force. But to come to the more groſs Particles of the ſaid inſpiſſated Corpuſcles, which remaining in the exterior Pores of the Earth, being incapable of penetrating ſo far as the others. Theſe being lodged juſt beneath the Superficies, in the more extended Pores, and containing alſo ſome ſubtile, ſpirituous Corpuſcles, by the Liquidation of Dew, and the Animation of the Sun's Rays, gradually congeal into Stalks, Leaves, Flowers, *&c.* From which it very emphatically appears, that

all things in Nature are not only generated from Air, as their indefatigable Progenitor, but do alſo receive Senſe and Motion from it, and muſt of Neceſſity corrupt and decay without it. And if all Sorts of Grain, Herbs and Animals, on which we continually feed, are generated, nouriſhed, ſuſtained and cheriſhed in this manner by vertue of Air, our Bodies muſt alſo receive Senſe and Motion from it, ſince it is ſo apparently congruent with Reaſon, that the Chyle itſelf is in reality only the moſt pure delicate part of thoſe Creatures ſeparated from their moſt ignoble Parts in our Stomachs; although one may ſay thoſe Creatures are much changed, being either boiled or baked, but yet they retain ſtill their Qualities; or what is the Reaſon that many People have died by eating Mutton, or Lamb, that died of ſome ſort of Sickneſs, which was not known till it was too late? And moreover a great many Herbs and Roots are eaten almoſt immediately after they are gathered, ſo that they muſt of Neceſſity retain the Virtues they had before they were gathered. So then our Blood is generated from thoſe Aliments, and not only the Blood, but the Spirits, and all other Humours exiſting in the Body;

exiſting

exiſting (I ſay) becauſe of whatſoever kind the Humour be, it is nouriſhed, ſuſtained, and hath its various Motions, Functions, and Faculties, from the aerial igneous Spirit exiſting in its Pores; which Spirit comes partly from the Air by Inſpiration, partly from the Chyle, and partly from the ſanguinary Maſs, and is the *calidum innatum*, *humidum radicale*, *& humidum primogenium*; which is all one and the ſame thing, and differ not from the Blood, becauſe they cheriſh and ſuſtain one the other; and whether the Humours be *alibiles*, or *excrementicii*, they are ſeparated from the Blood: For as there are various Globules and Particles in the Blood, ſo alſo are there various Glands, excretory Ducts, and Receptacles in the Body, which do ſeparate various Fluids from the Blood, in order to nouriſh and maintain all the various Parts, ejecting what is ſuperfluous, as the Blood continues its Circulations and Elaborations, by, and through the Aſſiſtance of the ſaid intrinſick aerial Spirit, which is the true Cauſe alſo of its Colour, Conſiſtence and Motion in all Parts. And moreover, as this aerial Spirit doth more or leſs abound in the Body, ſo its Colour, Beauty, Magnitude and Vivacity is alſo greater or

leſſer; as for Example: Where it much abounds, there the Body is naturally lean, and the Colour ſwarthy; the Hair brown, or black, and commonly criſped; the Pulſe frequent; the Appetite ſmall, unleſs it be for Drink; the Hours of Sleep but few; the Inclinations to Venery very great; the Body exceeding active; the Intellect witty, and the Heart valiant. But where it ſomewhat leſs abounds, the Pulſe is fuller, though not ſo ſtrong and frequent; the Viſage florid, and beautiful; the Body is alſo very fleſhy, not over fat; the Hair is brown, and ſometimes black and criſped; the Appetite good; the Sleep plentiful; the Diſpoſition cheerful, and the Inclination to the Fair Sex pretty warm. Again, where it abounds leſs in the ſecond Degrees (for I count four Degrees) the Complexion is generally pale; the Body fat; the Skin ſoft; the Hair whitiſh, or of a yellow brown; the Appetite large; the Sleep ſound, and long in Duration; the Pulſe ſmall, feeble and ſluggiſh, the Inclination to Venery but moderate. Alſo where it abounds leaſt of all, the Appetite is very ſmall; the Complexion of a duſkiſh livid; the Sleep little, and the deſire to Venery leſs; the Temper peeviſh and ſullen; the Pulſe very

very ſmall, feeble and ſlow. Theſe are the ſeveral Conſtitutions which the Ancients call Choleric, Sanguine, Phlegmatic and Melancholy, although it were impoſſible to demonſtrate thoſe four Humours to be in the Blood, ſhould ever ſo exact an Analyſis be made of it, or that one of theſe being corrupted, increaſed, or diminiſhed more than another, ſhould produce Sickneſs. The Blood rather, in my Opinion, being but one Liquor, diſtributes Fluids to all Parts for their Nutriment, even to the Cartilages and Bones, circulating itſelf through all Parts, as appears from the ſmall fibrous Blood-Veſſels, viſible in the Marrow itſelf, or by laying one's Finger on the Skin in any part where there is no diſcernible Vein, the Blood retiring upon the Preſſure, and immediately after returning, the Finger being taken away. It is then a very plain Caſe that there muſt be a kind of benign naturalized Air exiſting in our Bodies; which is continually diſſipated by inſenſible Tranſpiration, and its Deficiency again ſupplied, partly by ſpiritous aerial Corpuſcles of the Chyle, and partly by the Air itſelf in Inſpiration: And that by vertue of the ſaid Air, the chyliferous Humour is diſtributed from part to part in order to Nouriſh-

ment, ſupply their Deficiency, and renovate their Vigour according to their peculiar Properties and Neceſſities. In which Senſe the Air itſelf may be ſaid to contain an occult Food of Life, which it continually adminiſters to us for our Nutriment, and alſo for the Conſervation and Renovation of Senſe, Motion, Spirits, natural Heat, *&c.* As *Hippoc.* alſo ſeems to intimate, *L. de Flat. Aëris tantam eſſe neceſſitatem* (ſays he) *ut etiamſi citra cibum, & potum aliquot diebus vivere poſſit homo; non poſſit tamen id præſtare (nè per quadrantem quidem horæ) ſine aëre, quo jugiter refocillantur Spiritus.* The Air is ſo neceſſary to our Conſervation, that although a Man may live ſome few Days without Meat and Drink, yet he cannot live a Quarter of an Hour without Air, becauſe the Spirits do continually ſtand in need of Support from it. And it is certain, that for want of that Supply, the Spirits (which are the aerial Corpuſcles) would put the Fluids into too rapid a Motion, and rarify them to that Degree, that the moſt pure Particles would paſs by inſenſible Tranſpiration, and leave the Body ſenſeleſs, and fit to be laid up in the Grave. From what hath been ſaid, it is (I believe) very apparent, that the moſt minute Parts of

our

our Bodies can't exist without Air. From whence we may infer, that whereas the internal benign Air, existing in all and every part of the Microcosm, being partly generated, nourished and supported, by vertue of the external circumambient Air, can no ways exist, but by its Property and Vertue, which if it chance to be vitiated e'er it enters the Body, it must of Necessity cause an inordinate Motion of the Humours, and procure Sickness, of which one may introduce a very terrible Instance, which is that of the Pestilence, and (I believe I may be bold to say) also the Small-pox; which are both of them contagious Diseases, and seem to be procured by an evil malevolent *Diathesis* of the Air, vitiated by means of some certain malignant Vapours, that were confined within the Caverns of the Earth; which being at certain Times agitated by a violent Motion of some subtile, igneous, rarified Corpuscles, and striving by *Antiperistasis* to make their Exit, do as it were shock, or cause a trembling of the Earth in that Part, by which Commotion of the Earth its Pores are dilated, and so give way for those venomous Vapours to rush forth; whence the circumambient Air, and consequently the Blood, and substantial

Parts of their Bodies, who inhabit thoſe Parts, are tainted, as *Seneca* obſerves, 6 *Nat. quæſt. c.* 27. *Poſt terrarum motus*, &c. (ſays he) after Earthquakes the Air is inquinated or corrupted, and ſo paſſing by way of the *Arteria aſpera* into the Lungs, taints the natural aerial Corpuſcles of the Blood, and alſo contaminates its whole Maſs. And really I my ſelf have ſeen many convincing Proofs of what I pretend here to ſtart, in the Regions of *Africk*, where ſuch Commotions are very frequent; and I am certain one might frequently remark it alſo on this unwholſome Coaſt, was it not for the almoſt continual Thunders which agitate, and ſo purify the Air. And is it not more reaſonable to believe that the Small-pox is rather of this kind, than that it ſhould proceed from any venomous Matter, contracted by the *Fœtus* from the Mother's *Menſes* (as ſome pretend to ſuſtain) which at ſome certain time, as Nature is diſpoſed, cauſes a Fermentation of the Blood, and is ſeparated by way of a *Criſis*; imagining the Blood to be like the Wine, and to ferment once in a Man's Life-time? A very poor way of Reaſoning, if we conſider how many hundreds, both Men and Women, have lived to the Age of ſixty, ſeventy, or eighty

eighty Years, and never had the Small-pox; and yet they did not (perhaps) want their Share of Fevers, and many other dangerous Diſeaſes. Beſides, many ſick of the Small-pox have been cut off, eſpecially when they were accompanied with malignant Symptoms, as Purples, *&c.* which manifeſt very evidently, that they proceed from contaminated Air, and are of a contagious kind, like Peſtilence. And a greater Demonſtration of it is, that thoſe who have had the Peſtilence, were never afterwards known to have the Small-pox; neither are they indeed afflicted twice with either the one, or the other. For as *Dodonæus* obſerves, Diſeaſes that proceed from contagious Air, ſeldom or never affect the ſame Bodies twice. Theſe are his Words, *Quoniam morbi ab aëre contagioſo homines infeſtantes idem corpus bis raro, aut nunquam afficiunt.* But the Star-gazers will have all, as well malignant, as benign Diſeaſes, to proceed from ſome malevolent Diſpoſition of this or that Conſtellation, which governs this or that part of the Body, and attribute a certain Influence to the Planets, as if each of them did govern a certain part of the Body, as ☽ the Brain, ♃ the Lungs, ♀ the Reins, *&c.* And that conſequently the Diſeaſes muſt be

be cured by ſuch, or ſuch an Herb, or Plant, gathered juſt in the very Moment, that the Planet having Predominancy over it, was in ſuch, or ſuch a Sign or Houſe, and that one ſhould never draw Blood, when the Sign is in this or that unlucky part, eſpecially in the Arm, for they will have the twelve Signs of the Zodiack alſo to govern, each ſome part of the Body: So that the Fluids muſt follow the Motion of the wandering Stars, or like their Brains, run round like one of the *Carteſian Vortices*. What prepoſterous Folly! Certainly they would reject all thoſe frivolous idle Tales, did they only know and conſult the moſt admirable Virtues and Qualities of Shrubs, precious Stones, Metals, Minerals, Gums, Rezins, Barks, Woods, *&c.* brought to us from foreign Parts; out of which the ingenious Chymiſt extracts various Preparations, that perform almoſt Miracles in Nature, provided they are adminiſtred by a ſkilful Hand. Neither did they dream of a Pleuriſy, or Quinſy, in which Caſes one muſt have immediate recourſe to *Phlebotomy*; for ſhould one attend the Signs being in a lucky Part, perhaps the poor Patient's Luck would be a Separation of the Soul from the Body; and where is the Sign then? Thus I have

given

given you a compendious Deſcription of the Nature of Diſeaſes, together with the various Properties and Qualities of Air in Generation, Chylification, and Sanguification, Nutrition and Accretion, *&c.* the which, if you rightly comprehend, as you eaſily may by a diligent Application,

*Vitam paucis quid ſit facere longam tenebis,*
*Aut artem quid ſit facere brevem tenebis.*

Becauſe you will be the more capable of judging of the main Scope of the following Chapters, concerning the Cauſe and Cure of Malady; and likewiſe of the Operations of Medicines, according to the Nature and Quality of the Diſeaſes, and conſequently be better qualified, than moſt of your Fraternity that frequents the unwholſome Coaſt of *Guinea.*

CHAP.

## CHAP. II.

### *Of a Fever.*

A Fever is a preternatural Heat all over the Body, excited by means of a vicious kind of Air altering the Fluids, and depriving them of their natural Motion; whence they do corrupt, and ſo ſuffocate, or diſſipate the Spirits, and in Conſequence, confound and ruin the whole Frame of the Body. The inquinated Particles of the Air inſinuate themſelves into the Pores of the Skin, which are commonly very much dilated by the Heat of the Climate, and ſo corrupting the internal natural Air, deſtroy its benign Quality, and render it unfit to maintain the due Degree of Motion of the Fluids; whence, they being agitated, do acquire a great Velocity, and their Parts, as well as thoſe of the contiguous Veſſels, are extremely heated, and thereby deprived of their natural Properties. Thus is a ſimple ardent Fever formed. Again, the Fluids may be by another kind of bad external Air, retarded in their ordinary Motion, whence they do coagulate, and corrupt, and form a

putrid

putrid Fever. For the various Denominations here given to Fevers, are according to their various Symptoms; which are what Physicians commonly call *Pathognomonic* Signs, or which is one and the same thing, *Diagnostic* Signs; being such as accompany the Disease, and are inseparable from it; as an inordinate Pulse, difficulty of Breathing, Cough, *&c.* are the Symptoms of a Pleurisy. For there can't be a Cause without its Effects, nor Effects without a Cause; and the Effects demonstrate the Cause from whence they proceed: So that the pathognomonic Signs, emphatically demonstrate the very Nature and Quality of the morbific Matter; and even as those Signs are more or less dangerous and malevolent, so we may denominate the Fever accordingly. The simple ardent Fever is neither very dangerous, nor of long Continuance. The Signs are great Thirst, moderate Heat, although preternatural, which commonly augments till about the fourth or fifth Day; the Tongue is a little white, and the visage red; and if the Patient be very well treated, the Fever will quit him about the seventh Day, but otherwise it degenerates into a putrid Fever; therefore one must be very careful to draw Blood

at

at the beginning, to the Quantity of ten or twelve Ounces, and the Day following give a purging Potion; as for Example.

℞ *Tamarind.* ℥j. *Rhej.* ʒj. *Fol. Sennæ* ʒij. *Cryſtal Mineral. coque ſimul lento igne in Aq. Fontan. q. ſ. ad* ℥iv. *Colut. adde Ol. Aniſ. Fruſtulo Sacchari inſtillat. gut.* iv. *F. Potio, ſi res poſtulet repetenda.*

But be ſure never to give any hot alexipharmic Julaps in this Diſeaſe, or Bolus's of the ſame kind, for they will perhaps inflame overmuch the Blood, and ſubtiliſe it to that Degree, that Deliriums, and other evil and dangerous Symptoms will follow, and ſo put the Afflicted in Danger. For many times Medicines ignorantly applied, do procure more dangerous Symptoms than the Diſeaſe itſelf for which they were given.

To appeaſe Thirſt, cool, and refreſh the Blood, give the following Decoction.

℞ *Aq. Fontan.* ℔iiß. *Succ. Limon. Sacch. albiſs. ana* ℥iij. *Sal. Nitr. purif.* ʒij. *coque ſimul lento Igne ad Deſpumationem; de hoc bibat æger ad libitum.*

After

after the Fever is gone let the foregoing Purge be twice repeated.

This is the Method I commonly obſerved in theſe Fevers, but in the cure of a putrid Fever it is much different, as you will find in the following Chapter.

## CHAP. III.

### *Of a putrid Fever.*

THIS is a kind of peſtilential Diſeaſe, being accompanied with very dangerous Symptoms, and is often mortal, unleſs the ſick be nicely handled. This Fever is very often generated by the cold noiſome Fogs that fall in the Night, which contaminate the Air, becauſe they contain abundance of malignant contagious Corpuſcules; and perhaps they block up the Pores, and impede the Egreſs of thoſe ſuperfluous *Effluvia*, which are wont to be rejected by Nature and expell'd, ſo that by the natural Heat they are more and more rarified, and do alſo become malevolent, and heat, agitate and contaminate the Blood, for thoſe *Effluvia* are very copious, ſo that being detained by the immediate Contraction of the Pores, they muſt of neceſſity augment the Fluids, and retard their

Motion,

Motion, whence they do corrupt. For I am perſuaded that there is no Diſeaſe of whatſoever kind it be, but is either generated from a Deficiency of inſenſible Tranſpiration, or vitious Food; or inquinated Air. Moreover thoſe *Effluvia* when hindered of their natural Egreſs of Tranſpiration, do acquire a rapid Motion, diſtend the Parts, agitate the Humours, ſuffocate the Spirits; and ſo taint the Blood. I have heard ſome pretend to diſpute againſt what I here relate, for they ſay that thoſe *Effluvia* are only Air, and can't have ſuch an effect upon the Blood; but they are to be informed that condenſed Air becomes Water, and condenſed Water becomes Earth, and that theſe *Effluvia* tho' Air, being detained do corrupt, and are alſo condenſed after they are repell'd, and obliged to return from whence they came, which is from all, even the moſt minute Parts of the Body, from all the Fluids, from all the Veſſels, for they are very fine ſmall Particles, that are as it were filed off from the Parts by the Blood, and Spirits, and ſo liquified, and rarified, and incorporated with other aerial Corpuſcules coming from the Blood in its Circulation; otherwiſe there would be no Occaſion of Chyle to ſupply the Deficiency of Blood, and

Spirits,

Spirits, and conſequently no Nutrition, nor Accretion, but the Parts muſt always remain in the ſame State. Now the Blood is depauperated in its Circulation becauſe of its rapid Motion, whence it is heated, and diſtributes Nouriſhment to all Parts; and ſo the Spirits alſo are diſſipated, and their deficiency again ſupply'd, as you have had it in the firſt Chapter of this Treatiſe. Without a continual *Defluxus* and *Reſtauratio* of the Blood, and conſequently of all Parts, the Body could not exiſt. Beſides theſe *Effluvia* repell'd, repel alſo thoſe, that ought to ſucceed, and by that means compreſs the Veins, Arteries, and Nerves, and ſo ſtagnate the Fluids, and produce ſudden Death; becauſe the malevolent Corpuſcles received by Inſpiration, taint the Blood at the ſame time, and contribute alſo to ſtagnate it; or why doth it happen, that many People drop down Dead ſuddenly only by expoſing themſelves to the ſaid Fogs, if its malignant contagious Corpuſcles did not partly by Inſpiration, and partly by contracting the Pores ſuffocate the Spirits, and ſtagnate the Blood, and ſo deprive the Body of Senſe, Motion, and all other vital and reciprocal Faculties? Beſides there is a vaſt diſcharge by inſenſible Tranſpiration, eſpe-

cially

cially in thoſe hot Countries, as *Sanctorius* that curious Obſerver teſtifies, when he ſays in his *Medicina Static*. *Immò quindecem dierum Spatio non plus per alvum excernitur, quàm unius diei per inſenſibiles poros cutis*. So that an immediate Contraction of thoſe Pores muſt be of a terrible Conſequence. But to let you ſee the evil malevolent contagious, deſtructive Quality of thoſe Fogs, that fall there in the Night, and how far they are inimical to human Nature, I will tell you an Experiment of my own. I made a Lump of Paſte with Oat-meal ſomewhat hard, and about the bigneſs of a Hen's Egg, which was expoſed to the Fog from twilight to twilight, *i. e.* from the dusk of the Evening, till Day-break in the Morning; after which I crumbled it, and gave it to Fowls, which we had on Board, and ſoon after they had eaten it, they turned round, and in a kind of *Vertigo* dropt down and expired. And moreover I have known ſeveral Perſons, that after drinking a Draught of the Water of the River about the middle of the Night, died ſuddenly, and were before in all appearance very hearty robuſt, luſty Fellows, and many others, who getting themſelves Drunk, and then unwittingly, or perhaps reſolutly expoſing themſelves

to

to the Fogs, to Sleep in the cold, have been found ſtark Dead in leſs than an Hour's time. Theſe things I was willing to pen down, in order to give you a Precaution in all your Tranſactions; and ſo endeavour to preſerve your own Health, and adviſe others; becauſe whoever debaucheth himſelf, or expoſeth himſelf over much to the Fogs, will hardly ever quit that Coaſt. And what I have ſeen by experience as well in this reſpect, as in the cure of Diſeaſes, is ſincerely pen'd down without any manner of Addition, or Diminution. Thoſe who are commonly afflicted with this malignant putrid Fever, are ſuch as go abroad with the Long-Boat, and cannot very conveniently eſcape the Fogs, but others take it by Contagion; for it is a very contagious, or infectious Diſeaſe, and many times runs over the whole Ship, as well Negroes, as white Men, for they infect one the other, and the Ship is then in a very deplorable Condition, unleſs they have an able Man to take care of them. The Signs of this malignant Fever are as follow. The Patient is commonly ſeized with a ſudden Coldneſs and Shivering all over his Body, and ſometimes a Tenderneſs or Soreneſs, as if he had been beaten, the Pulſe grows very low and weak, the

Afric p. 14. Surinam etc. p. 16.

Viſage pale and wan, to which ſucceeds a very violent Heat, great Thirſt and Inquietude, the Tongue is very white, and ſoon after becomes yellow, and rough, the Breath is very fetid, *&c.* And generally about the third, fourth, or fifth Day the whole Body is all over full of large red Puſtles, which ſort is the moſt benign Fever of this kind, and not dangerous, unleſs it be made ſo by ill Management. But ſometimes there appear ſmall purple Spots all over the Body, which is the moſt dangerous Symptom of all. Sometimes alſo they vomit in the beginning, and thoſe have neither Puſtles nor Spots of any kind, but are almoſt continually raving, the Viſage is very florid, the Eyes ſparkling, the Tongue very yellow, and of an evil dark Colour in the middle, the Teeth black, and clammy with Filth, the Mouth very dry, and the Breath very ſtinking, there is alſo a difficulty of Reſpiration; tho' ſometimes they rave not, but are always drowſy, and ſtupid, and diſcharge very copiouſly cold noiſome ſtinking Sweats, which is alſo exceeding dangerous.

*The*

## *The CURE.*

Begin with Phlebotomy, and Cathartics, and ſometimes Emeticks, if Nature ſeems diſpoſed that way; *nam quò vergit Natura eò ducere oportet.* For Nature is to be aſſiſted in the way ſhe endeavours to diſcharge her ſelf of the morbific Matter: Obſerving this Rule, you cannot well fail of Succeſs in your Undertakings.

But whenever the Puſtles begin to appear, never bleed; becauſe you will by that means debilitate the Sick, and turn the Malignancy of the Fever again into the interior Parts and excite a *Diarrhœa*, or *Dyſenteria*, which will prove either of them mortal; but if it be poſſible, bleed immediately, as ſoon as the Patient finds himſelf ill, and purge him gently the Day following; but if nauſeous vomiting, or Inclinations to vomit trouble him, then *Vin. Emet.* or *Tart. Emetic.* mix'd with a little Conſerve of Violets will be uſeful. When Puſtles appear adminiſter *Cardiacs*, and *Diaphoretics* in a moderate way, for too large Doſes of theſe Medicines will ſubtiliſe over much the morbific Matter, and render it more malignant, whence Deliriums, Convul-

ſions, and Death muſt inevitably proceed. Let the common Drink thro' the whole Courſe of the Fever be the refrigerative Decoction in *Chap.* II. *Page* 20. Let their Diet be Chicken-broth, or Water-gruel a little acidulated with Juice of Citrons, of which you may have what Quantity you pleaſe on that Coaſt. Sometimes alſo lenient and emollient Clyſters are very requiſite, as you will ſee in the Obſervations, the which, if you remark well, will furniſh you with a very ſufficient and ſafe Method of Cure. Sometimes Deliriums happen, as you have heard, in which Caſe Hypnotics are very convenient, ſuch are *Landan. Liquid. Syden.* or *Landan. Loudin.* Or the following Mixture.

℞ *Aceti acerrim. Aq. Roſar. ana* ℔ß. *vel horum defectu, Decoct fol. Roſar. in aq. Commun. Opij Thebaic.* ʒij. *Tinct. Croc.* ʒiij. *f. Miſtura in qua immittantur Lintei, & poſtea Fronti Temporibuſque applicentur, reiteretur autem applicatio bis terve de Die pro re natâ.*

This is often more ſerviceable, and anſwers Expectation beyond Hypnotics given internally, as I have found by daily Experience.

Experience. But where there appear neither Puſtles, nor Spots, bleed and purge betwixt whiles thro' the whole courſe of Cure, as the Age and Strength of the Patient permits, always ſtriving to help Nature in her Endeavours, which is all any Body can do. For it's not a great Quantity of Druggs will anſwer the End, but a few adminiſtred with Judgment, otherwiſe they will produce more dangerous Symptoms, than the Malady itſelf. Oftentimes alſo I have been ſent for on Board to viſit a Patient that they told me was bleeding to Death at the Noſe, and all that the Surgeon could do would not ſtop it; which when I came to ſee, I found it was only Nature diſcharging her ſelf by way of a *Criſis*, which ought not to be impeded, unleſs it continue too long, and debilitate the Patient more than his Strength can bear, and in that Caſe you muſt have recourſe to ſuch Medicines as refreſh, incraſſate, and contemperate the ſanguinary Maſs. This *Criſis* perhaps happened thro' Ignorance of the Surgeon, for want of drawing Blood copiouſly enough in the beginning, and by mere Chance proved the Patient's Cure; altho' I have oft ſeen a Hemorrhage at the Noſe about the ſeventh, or ninth Day, notwithſtanding the Patient was

very copiouſly blooded in the beginning; but then it was of no long Continuance, nor needed any Medicines to ſtop it. Moreover, many times this Fever happens to go off by way of a *Criſis* thro' the Inteſtines, which ſome Ignorants take to be dangerous, and ſo give Aſtringents to ſtop it, and drive the morbifick Matter back again into the Blood, which coagulates it, and ſo kills the Sick, or elſe confines it in the Folds of the Inteſtines, till it becoming more and more virulent, excites a Gangreen and Death: This is what I have often remarked in many a poor expiring Mortal, when ſent for too late; and am fully convinced, that inſtead of Aſtringents, when the *Diarrhœa* firſt happened, had the Chirurgeon had recourſe to gentle Evacuations, the Sick might have been reſtored to a perfect State of Health.

## *OBSERVATION* I.

One *Joſeph Booth* Mariner on board the *Peterborough*, was on the *29th* of *December* 1717. taken very ill with prodigious Pains, Laſſitude and Heavineſs all over his Body; his Pulſe grew very low and weak, his Viſage pale and wan, which was ſoon after ſucceeded by a vi-

olent

olent intenſe Heat, a quick inordinate Pulſe, great Thirſt and Inquietude; his Tongue became very white, his Urine red, and his Appetite went from him, *&c.* I ordered him to be blooded to the Quantity of twelve Ounces, and the Day following I gave him a purgative Bolus, which was this;

℞ *Rhabarb. ſubtiliſſimè pulver.* ʒij. *Conſerv. Violar. q. ſ. m. f. Bolus.*

The ſame Night he took three Spoonfuls of the following Julap.

℞ *Aq. Scord.* ℥iv. *Theriacal. ſtillat.* ℥iß. *Occ. Canc. ppt.* ℥ß. *Sacch. albiſs. q. ſ. m. f. Julapium.*

The next Day he repeated the ſame Quantity once in eight Hours; however, the intenſe Heat augmented till about the fifth Day in the Evening, at which time I ordered a Clyſter made with a Quart of the Broth of a Goat's Head, in which was boiled a few Flowers of Camomile, and a little Honey was added to it, and he took the following Bolus once in ſix Hours, for four ſeveral Times ſucceſſively.

℞. *Oc. Cancr. ppt. gr.* xii. *Bezoar. mineral gr.* vi. *Conſ. Cynosbat. ſ. q. m. f. Bolus.*

He alſo drank at Pleaſure a Ptyſan, made with a little Pearl-barley, Violets, Roſe-leaves, and Liquorice-roots, together with a few Raiſins ſtoned and boiled in Water, which was alſo acidulated with a little Juice of Citrons. The ninth Day, about three in the Afternoon, the great Heat was very much diminiſhed; for after the ſecond Bolus was adminiſtred he began to ſweat moderately, and continued ſo to do till about the ninth Day, about ſix at Night, at which time I began to perceive a very laudable Separation in the Urine, the Sweat was more copious, and he got a pretty good Repoſe that Night; ſo the next Morning I ordered him to repeat again the purging Bolus for two turns, once in three Days: Thus all Symptoms of the Fever were intirely defeated, and the Sick began to have an Appetite, recover Strength, and became very hearty and chearful in a ſhort time. His Diet, through the whole courſe of Cure, was only Water-gruels, or Chicken-broths, only towards the latter end he had Rice,

and

and now and then a Glaſs of Wine, and a Chick roaſted or boiled with Rice, according to his Appetite, although it is not always that Wine is to be had aboard, unleſs it be in a great Ship.

## *OBSERVATION* II.

One *Joſeph Skibb*, Carpenter's Mate on board the *Peterborough*, having been abroad with the Long-boat for the Space of eight Days, was (returning home to the Ship) taken very Ill. He told me he perceived at firſt ſuddenly a very ſenſible Coldneſs all over his Body, and alſo a Soreneſs, as if he had been beaten; his Senſes in a manner went from him, ſo that he had a kind of Feebleneſs, or Dejection of Spirits; after which he became very hot, had a prodigious Pain in his Head, Vomiting, *&c.* And really when he came on board, I found him in a very bad Condition: His Pulſe was very rapid and unequal; his Viſage red and ſhining; his Eyes wild and ſparkling; his Tongue very white round the Sides, and alſo very rough; of an ill-favoured dark Citron Colour in the middle; he had a ſmall Cough, Shortneſs of Breath, the Breath ſtinking, great Thirſt and Inquietudes, and betwixt whiles was very delirious. I deſired the

Chirurgeon to draw twelve Ounces of Blood, and to give him the Day following (he being of an athletic Conſtitution) five Grains of *Tart. Emet.* mix'd with a little Conſerve of Violets; which he did. The Emetick operated copiouſly; after which the ſame Night I preſcribed him the following pacifick *Hauſtus.*

℞ *Aq. Scord.* ℥j. *Cinnam. F.* ℥ß. *Laudan. Liq. Syd. gut.* xviij. *m. f. Hauſtus.*

He got a little Repoſe, but was very troubleſome, and about eight in the Morning the next Day he became extraordinary delirious again; for which Reaſon I ordered a large Bliſter Plaiſter betwixt his Shoulders, on the Nape of the Neck; and double Compreſſes wet in the aforeſaid Mixture in Page 28. to be applied to his Forehead, and all round his Temples. The Bliſter roſe very well, which was a good Sign, and run very much, and did him a great deal of Service, although he continued a little delirious, between whiles, till the ſeventh Day about four in the Afternoon, although not ſo very much as before the Application of the Bliſter and Compreſſes;

preſſes; which ſaid Compreſſes were continued till thoſe Symptoms quitted him. The eighth Day in the Morning was adminiſtred the following purgative Potion.

℞ *Fol. Senn.* ʒiß. *Rhei Elect. inciſ.* ʒj. *Criſt. Mineral. tantundem: coque lento igne in Aq. Font. ſ. q. ad* ℥iv. *colaturæ adde conſerv. Viol.* ℥ß. *Aq. Cinam. fort. coch.* ß. *m. f. Potio.*

Which operated five times downwards; after which the pacifick *Hauſtus* was repeated the ſame Night; he ſlept extraordinary well for the Space of four or five Hours, and was alſo ſomewhat hearty, only very thirſty. I ordered him a few Tamarinds to moiſten his Mouth withal, and preſcribed him the following Bolus.

℞ *Conſ. Cynosbat. Violar. ana* ʒj. *Sal. Tart. gr.* vi. *Coccin. gr.* xii. *Pulv. e chel. Canc. comp. gr.* viii. *m. f. Bolus. Sumendus quamprimum.*

And he drank after it two Spoonfuls of a Julap compoſed of *Aq. Cinnam. Hordeat.* ℥iij. *Aq. Epidem.* ℥j. *Sacch. perlat. parum.* He took the Bolus at eight of the Clock in the Morning the ninth Day,

 and

and repeated it once in eight Hours: After he had taken the third Bolus, which was the tenth Day at Midnight, he ſlept ſeven Hours, and ſweat very copiouſly; which was a plain Demonſtration of Cure, and his Urine was alſo very much charged; for which Reaſon I bid him take no more of the Bolus's, or Julap, but prepare himſelf again for the purgative Potion the thirteenth in the Morning, which he did, and repeated it again the ſeventeenth Day. By this Method the Fever was altogether ſubdued, and the Sick reſtored (by Degrees) to his former State of Health and Vigour. His Diet and common Drink were the ſame, as in the foregoing Obſervation; for you need give no other Drink in any of theſe ſorts of Fevers, ſave that Ptyſan; which is very excellent, not only in appeaſing Thirſt, but alſo to contemperate and refreſh the ſanguinary Maſs, and conſequently to concoct the morbific Matter.

## *OBSERVATION* III.

On the ſecond Day of *January* one *Robert Jones*, Mariner, on board the *Peterborough*, complained that he was very ſick and diſordered: he had (as he ſaid) a great

a great Pain in his Bones, Pains, and Heavineſs of the Head, great Drowſineſs, Laſſitude of Body, and a moſt grievous Pain at his Heart, as he thought, and was alſo very thirſty. While he was ſpeaking to me, I obſerved his Eyes gogling and wild, his Countenance much changed, and in a Moment he fainted. I ordered him to be blooded immediately, to the Quantity of ℥xij. after which the Fever ſhewed itſelf in a very rude manner; his Tongue grew very rough and brown, his Pulſe mighty turgid and unequal, and he continually raved; whence I imagined it to be the moſt malignant Fever, for thoſe Symptoms preſage the Puſtles, or purple Spots to ſucceed them. I ordered him ℥iß. of emetick Wine, which operated powerfully; and the ſame Night he took the following Bolus.

℞ *Bezoar. mineral. gr.* v. *Troch. Viperar.* ℈ß. *Laudan. Londin. gr.* i. *Theriac. Andromach. q. ſ. m. f. Bolus.*

He drank after it two Spoonfuls of *Fuller's Decoct. Sacr.* which is thus made.

℞ *Rad. Serpent. Virgin. contuſ.* ʒvi. *coque in aqua* ℔i. *ad* ℔ß. *col. & magmati reſiduo affunde de novo aq.* ℔i.

℔i. *coque ad* ℔ß. *rursum* (*sub medium coctionis*) *addendo Coccin.* ℈ß. *col. iisque dissolve calidè & clausè Theriac. Vet.* ℥ß. *Mellis* ℥j. *col.*

He slumbered betwixt whiles, but raved prodigiously. I desired he might continue to take the Decoction without the Bolus, to wit, three Spoonfuls every six Hours. The Fever augmented, and he got no manner of rest, till about five in the Morning the fifth Day he fell asleep, and reposed extraordinary well for about four or five Hours, and sweat moderately, as the Assistants informed me. I went to visit him, and found the Fever much more favourable than before; and he had all his Body, especially the Face, Breast and Back covered with large red Pustles, very livid beneath at the Roots, which seemed to be evil Presages; notwithstanding, I would have him continue the *Decoctum Sacrum*, as before; which he did. I visited him again the next Morning, and found the Pustles quite livid all over; he also raved betwixt whiles, his Visage was a little swolen, and also the Eye-lids. I desired he might continue the use of the Decoction, as before; only that once a Day, especially at Night, he should take fif-

teen

teen Drops of *Sydenham's Liquid. Laudan.* This Method was preciſely obſerved till the ninth Day, on which he began to ſweat very copiouſly; he had little or no Fever, the Puſtles were turned yellowiſh, and he began to reſt a little moderately; which were all very ſure Signals of approaching Health. I therefore ordered him to abſtain from all other Medicines, ſave only the Ptyſan, which was for his common Drink, as in the foregoing Obſervations: His Diet was alſo much the ſame as in the other Obſervations. But now he began to have a little Appetite, I therefore ordered him ſome Wine betwixt while to fortify him, although it was the fifteenth Day, which is a great while for a Fever to dure on this Coaſt; for many of the ſimple ardent Fevers are cured in ſeven or eight Days: But this was one of the moſt dangerous Sort of all. The fifteenth Day the Puſtles entirely diſappeared, leaving the Skin rough, with little Pellicles like Bran; and becauſe his Face was a little ſore and tender, to pleaſe him, I ordered him Pomatum and Oil of ſweet Almonds to anoint his Face once or twice, altho' it was not abſolutely neceſſary, yet it did ſoften the Skin, and provoke the falling of the little Pellicles the ſooner.

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I prescribed him ℈ij. of *Pil. Coch. Reform.* in order to purge him about the seventeenth Day; which operated well, and so left him altogether to his Kitchen Physick, by which he began to get Strength, and became lusty and able for Service, as before. You must take particular Notice of the Symptoms of this Disease in the beginning, lest like some other Surgeons you take it only for a great Cold, from being out with the Long-boat, and so neglecting to make Evacuations in time, you destroy the Sick.

## CHAP. IV.

### *Of Intermitting Fevers.*

OF these sort of Fevers I have never remarked more than two Sorts on this baneful Coast; namely, *Quotidian* and *Tertian*; and I really believe that they more frequently proceed from vicious Food, than from any evil *Diathesis* of the circumambient Air. For it is certain, as I always observed, that few or none are afflicted with these Maladies, save some poor vulgar ignorant Wretches, who (contrary to all Advice one can give them) accustom themselves to devour, after a very voracious extravagant manner,

manner, Plantagnes, Bonnanas, Pine-Apples, Palm-wine, *&c.* which being ſweet and delicious to the Palate, they imagine, muſt of all Conſequence be very wholeſome and agreeable to the Body, though they often very grievouſly experience the contrary. For all thoſe ſweet Fruits and Liquors do generate a kind of vicious ſubtile inflammable Air; which torrifies (as it were) the Tunicles of the Stomach and Inteſtines, and leaves a mucilaginous Matter adhering to the Folds of the Inteſtines, which hinders their ordinary Functions, whereby the Chyle is imperfectly prepared, being crude and impregnated with evil Particles, which are conveyed with it to the *Receptaculum commune*, where it likewiſe contaminates the *Lymph* that dilutes it, and they aſcend together into the *Subclavian*, and ſo are ſent down in this evil State to the Heart itſelf, and communicate the Miſchief to the whole Maſs of Blood, although not ſo very ſenſibly as to retard its Motion, becauſe it is only in a ſmall Quantity at firſt, and therefore a part of it is expelled by inſenſible Tranſpiration; and the reſt being repoſited in the *Lymph*, and circulating with it according to its lateral Motion, doth alſo vitiate the *Lymph*, and continuall

transform

transforms ſome Particles of it into a heterogeneous Liquor, which, augmenting by Degrees, doth at length diſcharge ſuch a great Quantity into the ſanguinary Maſs, as ſuddenly retards its ordinary Motion, ſo that it cannot circulate with that Vivacity towards the extreme Parts, as it naturally did before this Attack; whence the Patient feels a Coldneſs and Shivering all over the Body, becauſe the Pores are oppreſſed, and in ſome meaſure deprived of their benign, natural, hot, humid Air, *i. e.* the Spirits, till ſuch times as the ſaid heterogeneous Air be ſomewhat vanquiſhed by an Influxion of the Spirits from the *Cerebrum* and *Cerebellum*, which vivifying the ſpirituous Corpuſcles of the Blood, do animate it to that Degree, that it ruſheth out through all Parts very rapidly; whence comes a preternatural Heat all over the Body, which is called the hot Fit; for *Motus excitat calorem*, Motion excites Heat, and Heat rarifies the Humours; ſo that during this preternatural Heat, the noxious Corpuſcles occaſioning this Tragedy, are part of them repoſed again in the Lymph, and the other part is ſo rarified, that they are conſtrained to paſs by inſenſible Tranſpiration; and being inſtantly condenſed as they paſs the cuticular Glands by the circum-

circumambient Air, they appear like little Globules of Dew all over the Body, which is commonly called *Diaphoresis*; and so the Fever is dissolved, or *desinit in* ἀπυρεξίαν, as the Physicians express it. And then the Patient returns to a seeming State of Health, till he is again attacked with another Paroxysm, which happens sooner or later, just as the Blood is excited and compelled to act the same Tragedy over again, by a copious Accession or Distribution of vicious unnatural Corpuscles.

## *The* CURE.

In the Cure of those Fevers you must never (as some others of your Function do) have an immediate recourse to the *Cortex*. For although it may impede the return of another Access, and the Patient shall seem to be cured for a few Days, yet he is incommoded with Distentions, Inflations, Belchings, Headach, and other Symptoms, which denote an imperfect Cure; because the *Materia Morbifica* is only (as it were) condensed, and so detained, till it be fresh diluted and stimulated by a new Supply from some other kind of unnatural Corpuscles, coming either from the Chyle, *Succus*, *Pancreaticus*

or

or elſewhere, and by little and little acquires again new Force and Motion, and procures another Tragedy, perhaps much more vehement than before, being very frequently attended with very perilous and ſurpriſing Accidents. Neither do I always approve of Phlebotomy, becauſe the *materia morbifica* is not contained in the ſanguinary Maſs, only during the Paroxyſm, and moreover it often retards the Cure; as I have many times experienced. But you ought to begin with Catharticks in order to diſlodge the noxious Corpuſcules exiſting in the Stomach, Inteſtines, *Succus pancreaticus*, and Lymph; and then you may expect to adminiſter the Cortex with Succeſs, provided it be right good, for thus given it renders the Humours vegete, whence they are the better capable of diſcharging themſelves of the preternatural Corpuſcles, which did ſo vitiate and alter them. But if in caſe that Vomitings, *Nauſeas*, or Inclinations to Vomit happen in the cold Fit, you will do well to adminiſter an Emetick, about two Hours before the Fit, and afterwards proceed to the uſe of the Cortex. Let the Diet be only Broth of Chickens, Goats-fleſh, thick Water-gruels, or ſuch like 'till the Fever hath entirely quitted the Patient,

and

and by that Means you may expect to perfect the Cure with less Difficulty, and also there will be less Danger of a Relapse.

## *OBSERVATION* I.

One *Richard Jane* Carpenter on Board the *Peterborough*, was on the *7th* of *December* 1717. seizd with a very sensible Coldness and Shivering all over his Body, his Pulse was very depressed, his Visage pale, Appetite gone, he had vehement Pains in his Head, Vomiting, *&c.* which lasted about two Hours and a half, after which, he had a violent intense Heat, great Thirst, and Inquietude, which continued near three Hours and three Quarters, and then began the *Diaphoresis*, and so the Fever quitted him, and he became very temperate and comfortable, 'till the next Day about three in the Afternoon, at which Hour he was again, as before, very violently attacked. I order'd him to take five Grains of *Tart. Emet.* the next Day, in a little Conserve of Violets, about two Hours before the Fit, which operated five times upwards and four downwards; the cold Fit was that time little or nothing in Comparison to what

it was before, but the hot Fit was more violent, and lasted near half an Hour longer. I therefore prescrib'd him the *Cortex* as followeth.

℞ *Quin. Quin.* ℥j. *Sal. Absynth. Sal. Card. Benedict. ana* ʒj. *Theriac. Venet.* ℥ß. *mel. Ros. s. q. m. f. Elect.*

Of which he took to the Quantity of a Nutmeg immediately after the hot Fit, and repeated it afterwards thrice in a Day, *viz.* in the Morning fasting, two Hours after Dinner, and two Hours after Supper, and was by that means freed from all Symptoms of the Malady. Notwithstanding to fortify his Stomach, create an Appetite, and prevent a Relapse, he took the following Tincture, three or four Spoons-full twice, or thrice a Day.

℞ *Rad. Zedoar. incis.* ℥ß. *Gentian.* ʒj. *Herb. Chamed.* Mj. *cort. Citr.* ʒj. *Flor. Chamæm.* Pij. *Bac. Junip. parùm contus.* ℥ß. *coq. in aq.* ℔ij. ß. *ad* ℔ij. *coletur quamprimùm frigescerit Decoctum, ac servetur in Lagena vitrea ad usum.*

After he had taken of this Decoction, for the space of seven or eight Days, he

he had an extraordinary good Appetite, and began to appear ruddy and chearful as formerly, which gave me a full Aſſurance of the Cure, and that there could now be no more Danger of any Relapſe, more eſpecially becauſe he had neither Pain of the Head, Diſtentions, or any other Symptom, that betokens an imperfect Cure.

## *OBSERVATION* II.

Mr. *James Edwards* Commander of the *Peterborough* Gally, was on the *5th* of *December* 1717. ſeized with a very ſenſible Coldneſs all over his Body, he had no ſhivering, but he ſaid he ſeem'd as if he was frozen, and his Bones were bruiſed by ſome Fall, or rather, as if he had been very much beaten with Sticks; he had alſo Nauſeas, Qualms, or great Inclinations to vomit, but could not; his Pulſe was very weak, his Viſage livid, his Tongue white, ſtinking Breath, *&c.* this cold Fit dured about three Hours, and was ſucceeded by a violent hot Fit; his Pulſe became very turgid, he had alſo an inſatiable Thirſt, Inquietude, Ravings, *&c.* which continued near five Hours and a Quarter, after which he began to ſweat very plentifully a cold, noiſom,

noiſom, ſtinking Sweat, and ſo the Fever went off for that time, but very much debilitated him, and it is certain that ſeveral have dy'd with this ſort of intermitting Fever who were not handled, as they ought to be in the beginning, by reaſon of the ſad Accidents that followed. I ſuppoſe this rude Fever was owing to his drinking very plentifully of Punch, made with Palm-Wine and Brandy, at the King's Houſe, and coming a Board late at Night in the unwholſome Fogs; but however it was a Tertian, and returned preciſely about the ſame Hour on the third Day, and full as violent as before, which changed him ſo very much, that one would hardly have believed him to be the ſame Man. I ſhould have ordered Phlebotomy, only that he was ſo much weaken'd it made me omit it, and therefore I deſired the Surgeon to give him *Vin. Emet.* ℥j. which operated four times upwards, and three downwards, after which he took the following Tincture, which I had cauſed to be prepared for him the next Day.

℞. *Vin. Alb generoſ.* ℔ij. *Cort. Peruv. craſſiuſculè pulv.* ℥j. *Theriac. Venet.* ℥ß. *Rhei. Elect. inciſ.* ʒij. *Herb. Chamæd.*

*Chamæd* Pij. *Macis.* ℈j. *nuc. moſch. raſp.* ʒß. *Sal. Nitr. purific.* ʒij. *Stent ſimul in infuſione frigidâ* xxiv. *horarum Spatio, col. per manicam Hippocraticam ad uſum.*

He had taken of this Tincture in the Morning, but it being the Day for the Fever, I ordered him to omit it, for fear of Accidents. The Fit returned at its uſual time, for it kept its Type preciſely, and was much the ſame as before, only that he did not rave altogether ſo much, yet did the Fever continue as long; ſo I deſir'd he might take ℥iv. *abſente Paroxyſmo* and repeat it in the ſame Quantity three times a Day, which prevented him having another Fit, he kept a regular Diet, and ſo got rid of this furious Fever, notwithſtanding he did not omit to take the following Tincture.

℞ *Rad. Zedoar. inciſ.* ℥ß. *Gentian. Serpent. Virgin. ana* ʒj. *Flor. Citri* Pij. *Bacc. Junip. parum contuſ.* ʒiij. *ſtent ſimul in infuſ. frigidâ in* ℔ij. *Vin. alb. generoſ. coletur tempore uſûs.*

He took of it three Spoonsfull Morning, and Evening, and became very luſty,

 and

and vigorous, as before, when in a perfect State of Health.

## *OBSERVATION* III.

On the *6th* of *December* one *George Rhey* Mariner on Board the *Peterborough* came home in the Long-boat, after having been for ſome Days up the River trading, where he was taken with a very violent quotidian Fever, which he told me had tormented him for four Days ſucceſſively, the hot Fit began juſt as he was coming on Board, and dured about four Hours and a half; he had great Thirſt, Ravings, *&c.* He alſo told me the cold Fit did generally laſt about two Hours and a half, in which he ſhivered very vehemently, but had no Vomitings, Nauſeas, or Inclinations to Vomit, and that it kept its Type preciſely. I ordered him the Cortex as followeth.

℞ *Cort. Peruv.* ʒvj. *ſubtiliſſimè pulver. Rhei Electi.* ʒij. *Sal. Abſynth. Centaur. Card. Benedict. ana* ʒß. *Theriac. Ven.* ʒiij. *Conſ. Viol.* ℥j. *Mell. deſpum. S. q. m. f. Electuarium.*

Of which he took the Quantity of a large Nutmeg immediately after the hot Fit,

Fit, and drank after it a ſmall Draught of the Decoction of Centaury, Germander, Gentian Root, and Zedoary, and a little Mace, edulcorated a little with white Sugar-Candy; he kept a regular Diet, and was freed from his vexatious Companion, for he never had another Fit, or ſo much as one conſiderable Symptom. After the firſt Doſe given [out of the Fit] he took the ſame Quantity three times a Day, and had every Day three Stools, as long as he took the Electuary. I am not inſenſible, that many will very much admire, that I ſhould give the *Cortex* with Purgatives, becauſe they ſay it hinders its good Effects, and renders it uſeleſs, but I have experienced the contrary, at leaſt two thouſand times, as I do here ſolemnly proteſt, and don't ſuppoſe the Virtue of it to conſiſt in its aſtringent Quality, but rather in its rendering the Fluids more vegete, and ſo enabling them to expel what is offenſive, in which caſe the Rhubarb helps it very much, together with other Ingredients, and thoſe who have taken it this way were never troubled with a Relapſe, or had need of any other Medicine, but became hearty and chearful, only that they did continue to take of the Decoction Morning and Evening for ſome Days after the E-

lectuary was all taken. Moreover I never saw one that took it in this manner suffer another Paroxysim, which is something extraordinary; for many who take the Cortex have two or three Fits afterwards, and yet are cured by it notwithstanding, but are oblig'd to take a great Deal of it; when according to this Method so small a Quantity as ʒvj. always answers Expectation, provided the Cortex be good. They sent even from *Andony* to *Callabar* in order to get this Receipt; and as many as made use of it exactly according to Order, had no need of farther Advice, or use of Medicines, whether the Fever was quotidian, or tertian. Altho' I shall not here dispute the Reason why the Cortex administred in this manner, should be so much more effectual than given without Purgatives, since that is not your Business, it is sufficient for you that Experience hath already fully enough demonstrated it. Instead of the three Salts you may, in case of Necessity, omit any two, and put a Quantity proportionable of one only, which I have often done, and in defect of them all, I have prescribed Salt of Tart. which will answer the End.

*OBSER-*

## *OBSERVATION* IV.

One *Williamſon* Mariner on Board a *Liverpool* Man came to me on the *26th* of *December*, and told me he had been afflicted with a quotidian Fever for near five Weeks, and that he had taken a great deal of the Jeſuits Powder made up in Electuary, but to no Purpoſe, for it would put it off only for a Day or two, and then it did return again; he had great Pain in his Head, no manner of Appetite, his Legs were ſwoln, and he looked like a moving Skeleton in the Face, but his Thighs were ſomewhat ſwoln, and alſo his Belly like a Drum. I preſcribed him the following Remedy.

℞ *Decoct. coat. recedivam* pag. 46. ℔ij. *Sal. Tart.* ʒijß. *Sacch. cand. Alb. Succ. granat. ana* ℥ij. *coq. lento igne uſque dum deſpumaverint; per Subſidentiam depuretur liquor ad uſum.*

He took of this ℥iij. thrice a Day, by which, and a regular Diet he was perfectly cured, only that he made uſe of the Decoction alone for eight or ten Days, as in the foregoing *Obſ.* (I.) *Pag.* 46. This ſame Medicine alſo have I often pre-

ſcrib'd to People after they had been almoſt ſuffocated with Drugs, and inſtead of Cure ſuffered like Martyrs, from the evil effects of Medicines irregularly adminiſtred by Ignorants, of which you will ſee too many on this Coaſt.

## CHAP. V.

### *Of a Pleureſy.*

THIS Diſeaſe was by the Ancients called an Inflammation of the *Pleura*; but I think it to be an Inflammation of the Blood, generated either from great Debauches of Drinking, or elſe from venomous Corpuſcles of the circumambient Air, Fogs, *&c.* inſinuating themſelves into the Meatus's of the Lungs. *Nam Aër venenoſus ad Thoracis cava penetrans, cogit maſſam ſanguineam in grumos, unde Inflammatio*, &c. For venomous Air inſinuating itſelf into the Cavities of the *Thorax*, doth coagulate the Blood; whence comes Inflammation, Pain, *&c.* becauſe it doth corrupt the natural Air exiſting there, which conſequently corrupts alſo the Chyle, accompanying the Blood in the *vena arterioſa, & arteria venoſa*, and ſo ſhocks

ſhocks and confuſes its Fibres, and gradually forms a ſort of viſcous Matter; which obſtructs the ordinary Motion of the Blood and Spirits in the Lungs; whence comes an acute Fever, Tenſion, pricking Pains, Cough, difficulty of Breathing, and other Phænomena, which commonly denote this Diſeaſe: So that an Inflammation of the *Pleura* is only a Symptom; for it is an Inflammation of the Blood in the Lungs, that doth procure, not only Tenſion, Pain and Inflammation of the *Pleura*, but alſo of the intercoſtal Muſcles, becauſe there cannot be an inordinate Motion in one part, but it is inſtantly communicated to a neighbouring one, ſo that each do participate of the Inflammation *per conſenſum*; for Fluids when they are preſſed, preſs again *quaquaverſum* on all Parts; ſo alſo the Lungs ſuffering Diſtention, do communicate the ſame to the *Pleura*, and ſo to all other Parts of the *Thorax*. This Diſeaſe turns often into an *Empyema*, either through Negligence, or Ignorance of the Surgeon that has Care of the Sick, becauſe he did not treat him as he ought to have done; and when the Diſeaſe is thus degenerated, it is very dangerous.

## *The* CURE.

In the Cure of this Diſeaſe you muſt begin with Phlebotomy, which muſt be repeated ſeveral times, as Neceſſity requires, *i. e.* until the pricking Pains and difficulty of Breathing be diminiſhed. Phlebotomy being once at firſt performed, you muſt have immediate recourſe to *Diaphoretics* and *Expectoratives*, in order to eventilate the Blood, and compoſe and bridle the Orgaſm of the Spirits, and ſo correct the vitiated Air, and renew the natural *Diatheſis* of the Fluids. But be ſure never to adminiſter *Cathartics*, till the Sick be a little recovered, and then a gentle Purge will be beneficial, otherwiſe it will deſtroy the Patient.

## *OBSERVATION.* I.

One *Robert Harmond*, Cooper on board the *Peterborough*, was on the firſt of *December* ſeized with a very ſenſible Coldneſs and Shivering all over his Body; which was ſoon ſucceeded by a violent Heat, great Thirſt, Inquietude, pricking Pains, difficulty of Breathing, and in particular, a moſt exquiſite pricking Pain

in

in the left Side, which extended from the nethermoſt Rib to the *Scapula*. I ordered the Surgeon to breathe a Vein immediately, and prepare him the following Decoction.

℞ *Hord. perl. Paſſul. enuc. ana* ℥j. *Sarſaparil. inciſ.* ʒij. *Dact.* N° vi. *Rad. Glycyriz.* ℥ß. *Sem. Mil. Sol.* (*ſub finem addit.*) ℥ß. *coque in Aq.* ℔ijß. *ad* ℔ij. *col.*

Of which he took four Ounces Blood-warm three times a Day. His common Drink was a Decoction of Barley, Liquorice, and a few Aniſeeds ſtrained; to four Pound of which was added a roaſted Orange cut in Slices and infuſed. I deſired he might drink as much as he pleaſed of this Liquor, a little warmed; for I do not approve of the Patient's drinking any thing cold, as long as there be any Pains or Difficulty of Breathing.

His Side was anointed with the following Liniment.

℞ *Ol. Palm.* ℥j. *Unguent. Althææ* ℥ß. *Ol. nuc. Moſch. per expr.* ʒj. *m. f. Liniment.*

This was repeated twice a Day, with a Compreſs of red Bays, in order to

keep his Breaſt warm ; he continued the uſe of theſe Things for three Days, and then began to expectorate a little, but was blooded again the ſecond Day, becauſe the difficulty of Breathing and Pain were vehement : The third Day theſe Symptoms were a little milder, and he began to ſweat moderately, as well as expectorate ; which were good Signs, and therefore I would not have the Phlebotomy be repeated any more. The Expectoration was very laudable and copious the fourth and fifth Days, and the difficulty of Breathing was in a manner vaniſhed : The Spittle was white, and mixed with much Blood : The ſixth Day the Blood was copious, and the ſeventh, towards Night, he ſpit very little, and that very white, and ſomewhat thick and light : The ninth all Symptoms entirely quitted him ; and the eleventh I ordered him to be purged, and left him to a nouriſhing Diet, and he became very hearty and healthy. This Diſeaſe is no ways dangerous, provided the Sick be treated according to Art : If you follow the Method here preſcribed to you, there is no fear of your Succeſs. It will not be amiſs here to give you an Account of an Experiment made on the

Body of a Captain of a *Portuguese* Ship lying at *Andony*, at the ſame time that we were at *Callabar*. He ſent his Surgeon for me to *Callabar*, who told me in broken *French*, that it was near thirteen Days ſince his Captain was taken very ill of a Pleureſy: That he had blooded him five times, and given him a pectoral Decoction, and made uſe of all other means he could think of in ſuch a Caſe; and alſo that the Captain had not expectorated very copiouſly, but that the difficulty of Breathing and Cough had quitted him for two or three Days, inſomuch, that he thought himſelf cured; but that the third Day at Night, about twelve of the Clock, he was taken again with a prodigious pricking Pain in his right Side, although he did before complain of his left, and that it was ſo intollerable, that he raved, and ſeemed to be in a very dangerous Condition. He added withal, that for his own part he was quite at a Loſs what to do with him, and begged me to go forthwith and viſit him, which I did; and when I had well examined the Caſe, I ſuppoſed it to be an Apoſteme, forming itſelf betwixt the intercoſtal Muſcles and the *Pleura*; and becauſe he could not ſuffer me to

touch the Part externally, altho' there was no outward Appearance, I was plainly convinced, that what I imagined was Matter of Fact; and having ſeen in ſuch a Caſe an Inciſion made in order to evacuate the peccant Matter upon ſix ſeveral Perſons, of which one only recovered, I was unwilling to proceed to that Operation, till I had applied the following Cataplaſm, which I had before, both in the *Weſt-Indies*, and alſo in *France*, preſcribed with good Succeſs in the like Caſe, it was as followeth.

℞ *Herb. Verben. Flor. Cærul.* Mij. *pulv. & in mortar. contuſ. cum* ℥ij. *Ol. Palm. deinde adde Pip. Alb. Zinzib. ana pulv. & probe miſt.* ℥j. *Aq. Theriac.* ℥ij. *Acet. fort. cum Sacch. Cand. Alb. ad conſiſtentiam Syrup. coct. ſ. q. ad cataplas. conficiend.*

Which was applied all over his Side, conſiderably larger than the affected Part, and to be renewed once in twelve Hours. In leſs than two Hours time he ſaid it was as if Dogs were gnawing his Fleſh outwardly, but that he ſeemed to have inwardly much Eaſe, and at length he fell a-ſleep, and evacuated very plentifully

fully a filthy, fetid, noifom, cold Sweat (which pleafed me mighty well) and fo continued to do till about half an Hour before the Cataplafm was to have been renewed; at which time he awaking, faid, *Deo gratias*, I feel no Pain, but the Part affected before feems very cold and wet, and I think I am a little weak. I therefore ordered him a Glafs of Wine, and a little toafted Bifquet; he drank the Wine but would not eat the Bifquet, but thought he could eat the Wing of a Chicken, which I permitted him, and he drank another Glafs of Wine, which feemed to fortify him. The Cataplafm was then removed, in order to apply another; and really I never faw a more copious Difcharge from any Tumour, that came to Suppuration, in my Days; for the Cataplafm was covered with thick yellow Matter, mix'd with Streaks of dark livid Blood, near the thicknefs of a Crown Piece, and that by Tranfcolation only thro' the Pores; the fecond was more charged abundantly, and the third not above a third Part as much, but white, and thick like Cream, the fourth little or nothing, and the fifth, nothing at all; fave only that it was fomewhat moift. I ordered him therefore to keep

his Breaſt warm with red Bays for a time, and to be purged twice, intermitting three Days betwixt each Purgation, and thus he came in a few Days, by a good Diet, to be luſty, ſtrong, and chearful, and viſited me ſeveral times afterwards at *Callabar*.

## CHAP. VI.

### *Of an Eryſipelas, or St. Anthony's Fire.*

THIS is alſo a Fever which proceeds from great Debauches of drinking Punch made with that baneful Liquor Palm Wine, and being hot, expoſing the Body unwittingly to the noiſome Fogs, or perhaps reſolutely; for ſea-faring People, are commonly very reſolute, rude, and ſelfwill'd, eſpecially when overcome with Liquor, and will take no Advice, 'till they ſuffer ſeverely; and it is oftentimes too late, for they dye ſome of them ſuddenly (when Abroad) 'ere they return home to the Ship; on Board they are not permitted to make uſe of that Liquor, unleſs it be by Stealth, but Abroad they can do what they pleaſe; and ſo for the ſake of pleaſing their Palate, they lay up their Bones in the River,

ver, and leave their Companions to advertiſe their Friends of their unfortunate Period; this Fever alſo comes on them at firſt with a Coldneſs or Soreneſs all over the Body and Shivering, (as in the Quotidian) to which ſucceeds Heat, which is commonly violent enough for ſome Hours, and then remits a little for a few Hours, and ſo grows more violent again, and differs much from what we ſee in cold Climates; neither is the Head and Face ſo much tumified; it goes off commonly about the ſeventh Day; the firſt Day the Noſe grows a little red juſt at the Extremity, and ſo alſo the tips of the Ears, to which ſucceed violent Pains in the Ears, Swelling, and Inflammation of the Head and Face; inſomuch that they cannot ſee, yet the Head never comes to be half ſo big, as it commonly does in cold Countries, which I attribute to a greater or more copious Tranſpiration in theſe hot Climates; neither is it mortal, unleſs they be not well treated in the beginning.

## *The* CURE.

Breath a Vein, and the Day following give a gentle Purgation, let their Diet be Watergruels, or Broths of Chickens altered a little with Juice of Pomegranates, their common Drink a refrigerative Ptyſan, or Emulſion, in order to keep the Body laxative, refreſh the ſanguinary Maſs, and ſo evacuate the noxious Corpuſcles inflaming, tainting, and corrupting it. Let the ſick abſtain from Bed as much as poſſible. Apply externally Emollients, and Diſſolvents, in order to ſoften the Skin, and expel the unnatural Air by Tranſpiration, and ſo renovate the natural Œconomy of the Part, in correcting its evil Conformation.

## *OBSERVATION* I.

On the 13*th* of *January* 171⅞. one *George Taylor* Mariner on Board the *Peterborough* came home in the Long-Boat very ill, his Face was ſwoln ſo that he was deprived of Viſion; he was very hot and thirſty, his Tongue very white, his Pulſe ſomewhat turgid and unequal, and in about a Quarter of an Hour the great Heat

Heat was diminiſhed, and he was a little more temperate, till the Morning following the Fever was violent again; altho' not ſo much as when he came on Board; for he was blooded to the Quantity of ℥xij. immediately after his arrival, and a purging Bolus was prepared for him to take the next Morning, compoſed of Rhubarb ſubtilly powdered ʒjß. and as much as was ſufficient to form a Bolus of Conſerve of Violets, which he took according to order. It operated very well, he alſo took of Doctor *Fuller's Decoct. Coccin.* ℥jv. thrice a Day, which is very excellent in ſuch a Caſe, for it not only eventilates the inflamed Blood, but alſo keeps the Body laxative, which contributes very much towards a regular Circulation, by quelling the furious rapidity of the rarified Blood; and moreover it evacuates the morbifick Matter by Urine, Stool, and all other ordinary ways of Nature. The Decoction is made as followeth.

℞ *Nitr. pur.* ℥j. *Sacch. Albiſſ.* ℥jv. *Coccinel. gr.* xvj. *f. pulv. qui conjiciatur in aq. font. bullient.* ℔ij. *coq. ad deſpumationem, & per ſubſidentiam depuretur.*

+ scarlet Dorchin.

His

His Face was moiſtened betwixt whiles with the following Mixture.

℞ *Spir. Vin. Camph.* ℥jv. *Acet. ſtillat.* ℥j. *Theriac. Venet.* ℥ß. *m.*

In which alſo was wet a piece of red Bays in order to cover his whole Face. Thus he was in a very few Days fit for Labour, and became very ſtrong and vigorous.

## *OBSERVATION* II.

I was ſent for on Board a *Liverpool* Man to ſee the Surgeon's Mate on the 16*th* of the ſame Inſtant, who had been the moſt unaccountably treated in an *Eryſipelas*, that ever any Body heard of; his Head, and Face were twice as big as ever I ſaw any on that Coaſt, with a great Fever, Ravings, *&c.* I was indeed ſurprized to ſee ſuch terrible Symptoms as thoſe, but demanding of the Surgeon how he had treated him, I was ſoon ſatisfied what was the Cauſe, and then indeed I was as much ſurprized to ſee him living, as before to ſee ſuch Symptoms. The Surgeon told me that he took it firſt to be a quotidian Fever, and

and therefore gave him *Emetic Tart.* with which (he ſaid) by repeating it three ſeveral times, he had often cured the quotidian Fever. A very artificial way of proceeding! But however when he perceived the great Inflammation of the Face, he blooded him, and to take off the Inflammation he had anointed the Part with a little *Ung. Althææ* and *Unguent. Alb.* mixed together, and given him internally the *Decoct. Luſitan.* Which was as contrary to this Diſeaſe as poſſibly could be, becauſe it rendered him very coſtive and augmented the Fever, and Inflammation of the Blood, which together with the evil effects of his *Emetic* were enough to deſtroy the poor young Fellow. I therefore ordered him to inject a Clyſter immediately made with the Broth of a Goat's Head, and ℥j. of *Elect. Lenit.* or for want of that, *Conſ. Viol.* and repeat it once in two Hours for two other turns; and alſo to prepare him. *Decoct. Coccin.* in the foregoing Obſervation, and when he called for Drink to give him him only Broth of Chickens; he obſerved this Method, and in leſs than eight and forty Hours there was a great Alteration, and by little and little he was reſtored to Health.

By

By this you'll imagine what a Number of poor Wretches loſe their Lives on this dangerous Coaſt, merely thro' Ignorance of their Surgeons. And therefore it highly behoveth all young Surgeons, who have a Mind to frequent this Coaſt, to endeavour to qualify themſelves very well, before they undertake ſuch a Charge, otherwiſe they ought to be no more eſteemed, than as wilful Murtherers.

## CHAP. VII.

### *Of a Quinſey.*

THIS is an Inflammation of the internal Membranes, and Muſcles of the *Larynx* and *Pharynx*, which muſt either reſolve, or come to Suppuration, or the Sick will be inevitably ſuffocated in a very ſhort ſpace of Time. It proceeds moſt commonly from Debauches of Drinking as before, whence the Blood being inflamed, it diſchargeth itſelf of its peccant Particles, on the Throat, and ſo procures Pain, Inflammation, Diſtention, Difficulty of Breathing, *&c.*

*The*

## *The* CURE.

You are to begin with general Evacuations (as you will find in the Obſervations) in order to cool and refreſh the ſanguinary Maſs and diſcharge the Part affected of its ſtagnated Contents; to which end alſo contribute Emulſions; yet no Emulſion will anſwer your end better than the *Decoctum Coccin.* in the former Obſervations. Apply alſo aperient Cataplaſms in order to relieve the Part by inſenſible Tranſpiration; for otherwiſe it will ſuffocate the Sick 'ere you can bring it to Suppuration; and indeed of above fifty ſeveral Perſons that I have treated, as well Negroes as white Men, I never ſaw any tend to Suppuration but were all cured, provided I could be with them in Time.

## *OBSERVATION* I.

*January the 25th.* one *Richard James* Mate of a *Weſt-Indian Brigantine* came down the River in a Long-boat, (having been carouſing the Day before at a *Grandy-man's* Houſe) in order to go on Board, where he arrived about four in the Morning,

Morning, and being very ill the Surgeon fetched me to direct what was moſt requiſite to be done in ſuch a Caſe. I went along with him, and found the Sick in a dangerous Condition: He had great Inflammation on the Tonſils, vehement Pain, which extended to the Ears, as he ſhewed me by Signs, loſs of Speech, great difficulty of Breathing, Fever, *&c.* I preſcrib'd bleeding very copiouſly in each Arm, and a Clyſter to be injected an Hour after, compoſed of *Decoct. com. pro Clyſt.* ℔j. *Mel. Viol.* ℥ij. and ordered that he ſhould apply the following Mixture to the Part affected.

℞ *Sp. Vin. rectif.* ℥iv. *Sp. Terebinth.* ℥ß. *Aq. Theriacal.* ℥iß. *Philon. Rom.* ℥j. *Gum. Guaiac. ſubtiliſſimè pulv.* ʒiij. *f. Miſtura.*

In which was very well wet a Compreſs of red Bays, and applied all round the Part even to the two Ears, to be renewed once in two Hours; alſo he uſed the following Gargariſm very often.

℞ *Aq. hord.* ℔j. *Acet. ſtil.* ℥iv. *Aq. Theri.* ℥ij. *Sacch. cand. Alb.* ℥ij. *m. f. Gargariſma.*

Three

Three times a Day he was to drink of the following Emulſion.

℞ *Decoct. Coccin. ſupradict.* ℔ij. *Amig. Dulc. excort.* N° xij. *Sem. Mil. Sol.* ℥j. *f. ſ. a. Emulſio.*

He got much Eaſe by the next Morning, and had his Speech ſomewhat better; the Fever alſo ſeemed a little milder, notwithſtanding I ordered him to be blooded again about three in the Afternoon; and his Difficulty of Swallowing being ſomewhat abated the next Day, he took a little Chicken Broth without the Help of the Surgeon; which he could not do the Day before. I then preſcribed him a Purgation compoſed of *Crem. Tart. Mann. ana* ℥j. mixed with a little Water, which purged him gently; and he continued his *Emulſion* and *Mixture*, and was perfectly freed from all Symptoms of that cruciating Malady in ſeven Days; only he was weak, which by Kitchen Phyſick was eaſily helped in a ſhort time.

OBSER-

## *OBSERVATION* II.

I was once alſo my ſelf, whilſt on that unnatural Coaſt, ſuddenly ſeized with a kind of hidden Quinſey, which to ſpeak ſincerely, I attributed to a little Debauch of drinking Brandy Punch, and Punch Royal (ſome few Days before) to which, to confeſs ingenuouſly, I was no more an Enemy than ſome of my Neighbours. I was taken about two Hours after Dinner with a little kind of Pain in my Throat, and was very cold, with Shivering; to which ſoon after ſucceeded a very inordinate Heat, great Thirſt, and the Pain in my Throat augmented ſo much, that I had almoſt altogether loſt my Speech, which very much ſurpriſed me. I therefore knocked for my Boy, and bid him call the Surgeon, who came immediately to know my Will, and was ſurpriſed to ſee me ſo ill: There was no external Appearance, which frighted him the more, and my ſelf too. I deſired him to bleed me largely in both both Arms, and to prepare me the following Gargariſm; and alſo the Emulſion in the foregoing Obſervation, which I could not ſwallow, without his Aſſiſtance, for twenty four Hours Space.

℞ *Decoct.*

℞ *Decoct. Hord.* ℔j. *Acet. for.* ℥*Aq. Theriac. ana* ℥iv. *mel. Viol.* ℥j. *m. f. Gargar.*

Alſo twice a Day he touched the Part with a little *Mel. Viol.* and *Spir. Vitriol.* mixed together; and applied outwardly Plaiſterwiſe *Theriac. Venet.* to which was added a little Saffron, and Balſam of *Peru.* This Method I followed for three Days, and found Eaſe from Day to Day. On the fourth Day in the Morning I took the following purgative Potion.

℞ *Tamarind.* ℥ß. *Rhei inciſ.* ʒj. *Senn.* ʒjß. *criſt. min.* ʒj. *coq. in aq. ſ. q. ad* ℥jv. *colaturæ add. conſ. Viol.* ℥ß. *m. f. potio.*

It operated five times, and before the Operation was over, I found ſtill more eaſe, and could ſwallow Watergruel with a few Currans in it; but I followed ſtill the uſe of my Emulſion, Gargariſm, and Plaiſter, 'till all Symptoms were vaniſhed, which was about four in the Morning the eighth Day, when inſtead of my Emulſion I repeated again my purgative

Potion, which gave me only four Stools, and thus was I (almoſt beyond my own Expectation) delivered from the Horror of approaching Death.

## CHAP. VIII.

### *Of a Diarrhœa.*

DIARRHŒA properly denotes a Flux, or Coliquation of the Excrements, ſo that they are rendered liquid, yet not altogether crude or unconcocted. I believe it generally proceeds on this Coaſt, from an immoderate uſe of Fruits, *viz.* *Bonnanas*, Pine-Apples, Palm Wine, *&c.* becauſe I have very frequently remarked that our white People, who made little or no uſe of thoſe Fruits, and Liquor, were never affected with it: They do not rightly digeſt in their Stomachs, but leave a kind of viſcid glairy Matter behind them, which glides down into the Inteſtines, and adheres to their Coats like Glue, 'till it is a little agitated by the hot Corpuſcles coming from the ſanguinary Maſs, by way of the meſenterick Veins and Arteries, whence it acquires a certain Rarefaction, and ſo diſtends the Inteſtines, and vitiates

vitiates and debilitates, not only their natural Tone, but alſo that of the Ventricle, ſo that they are leſs capable of a perfect Digeſtion, and then the Excrements acquire a bad Conſiſtence, and being liquid do continually make their way to the *Rectum*, irritating and vellicating the whole *Tubula inteſtinalis* as they paſs, and procure thoſe remarkable and painful Gripes which are a moſt conſtant Symptom of this Diſorder; which continues for the moſt part but a few Days, and is of wholſome Conſequence, provided the Patient be purged moderately with Rhubarb; but if Aſtringents are injudiciouſly adminiſtred in the beginning it may prove mortal, as many Inſtances have teſtified; and the Natives are frequently thereby deſtroyed, uſing in hopes of Relief, a certain Fruit called *Guavers*, of a ſtyptick Quality. For when the unnatural *Mucus* is confined in the Inteſtines, it ſoon, by the Acceſſion of hot aerial Particles from the Blood, becomes rarefied, and at length acquires a venomous Quality, ſo that inſinuating itſelf into the meſenterick Veſſels, it taints the Chyle, and conſequently the other Juices, putting them into a diſorderly Motion, whence enſues a Fever, Head-each, Raving,

ving, *&c.* during which Diſaſters, the Blood ſecretes many ſubtile, igneous, invenom'd Particles into the Inteſtines again, by which the bad *Mucus* is ſtill increas'd, and the Diſeaſe nouriſh'd, and at length the internal Tunicles of the Inteſtines are ſo much irritated, as to Occaſion intolerable Pains, and very frequent Stools, altho' the Patient voids nothing but a purulent Jelly in vaſt Quantities, which in a few Days is mixt with or ſucceeded by Blood, flowing out from the meſenterick Veins and Arteries, either by Tranſcolation, or from a Relaxation of their Orifices. This Blood is not bright and florid, but dark, grumous, and ſometimes livid till about the ſeventh Day, and then it is pure red Blood; at which time the Fever generally goes off, if the Patient be well treated, but if he be erroneouſly handled even towards the latter end, he may linger out two or three Months, and dye at laſt. This is what I call a *Dyſenterick* Fever. But when there appears no Blood, but only a pinguious purulent Matter of various Colours, as yellow, green, or white, then I call it a *Diarrhœatick* Fever. For they are both of them Fevers in which the Blood diſchargeth it

ſelf

ſelf of the morbifick Matter on the Inteſtines, which happens commonly the third or fifth Day after the Sick was firſt taken ill. Theſe Diſeaſes alſo proceed commonly from a malevolent, infectious Quality of the Air, Fogs, *&c.* which we daily obſerve from thoſe poor Creatures, who are obliged to go up the River trading in the Long-boat, and are almoſt altogether expoſed to the filthy unwholſome Fogs Day and Night, and return infected very often, and many times dye for want of Aſſiſtance before they come back; for theſe are very malignant Diſeaſes, and more difficult to be cured than moſt of the others predominant on this Coaſt.

## *The CURE.*

Begin with the general Evacuations, then adminiſter Emulſions, Cardiacks, Diaphoreticks, and Anodynes, as you will ſee in the Obſervation following.

## *OBSERVATION* I.

One *Thomas Watkins* Mariner on Board the *Peterborough*, came Home in the Long-boat, very ſick and weak; his Pulſe were ſomewhat unequal, his Tongue yellow with a ſmall Fever, loſs of Appetite, and a prodigious Pain in his Head, accompany'd with very frequent Gripes, and Contortions of the Bowels; he went to Stool (as he told me) forty times in a Day for ſix Days together, and had the Fever very violent, 'till he was much weakned by thoſe frequent Ejections, and he never voided any thing but Matter of all ſorts of Colours, 'till the Day before he came on Board, and that that Day he only went eight times, but was more troubled with Gripes than any other Symptom; what he voided at this time was of a white Colour mixed with little Pellicles like as if they were the Shavings of the Inteſtines. I order'd him a Clyſter to be made with Broth of a Goat's Head ℔j, and ℥ß. of Diaſcord. The next Day he took the following Bolus.

℞ *Rhei non torrefact, ſed è Radula raſ.*
ʒj. *Balſ. Capaib. q. ſ. m. f. Bolus.*

Which

Which was alſo repeated every other Day for three times, and every Night after its Operation at bed-time he drank the following Hauſtus.

℞ *Aq. Theriacal.* ℥ß. *Cinnam. hord.* ℥j. *Laud. liq. Syd. gut.* xvj. *confect. Alkerm. q. ſ. m. f. Hauſtus.*

On the Days betwixt each Purgation, he took twice a Day three of the following Pills.

℞ *Balſ. Capaib.* ʒij. *Trochiſc. Viperin.* ʒß. *Oc. Cancr. ppt.* ʒj. *Pulv. Herb. Chamæd. ſ. q. m. f. Maſſa in Pil. No.* xxvij. *diſtribuenda.*

He kept a regular Diet, avoiding all things that might lubricate the Stomach or Inteſtines, and ſo was in a few Days reſtored to Health.

## *OBSERVATION* II.

On the 2*d* of *January* I was ſent for on Board a *Weſt-Indian Shallop* to viſit one *Thomas Wright* Mate, who had been for a conſiderable time afflicted with the Relicks of a *Diarrhœatick* Fever, I

found him really very weak, and almoſt continually going to Stool, altho' he ſeldom voided any laudable Excrements, but a great Quantity every Day of Jelly mixed with little Streaks of fetid *Pus* of various Colours, and that by little and little, not exceeding half a Spoonful at a time; he had alſo a kind of low Fever every Night which continued about two Hours, and was then ſucceeded by a cold ſtinking Sweat, (as he told me himſelf) which made him very weak. They had a kind of a Barber-Surgeon on Board, which they might have as well been without, only that he ſerved well enough to ſhave and bleed. I demanded of him, how he had treated the Mate, he ſaid he had blooded him three times, and purged him as often, but with what he could ſcarcely tell me, or elſe was aſhamed to let me know, altho' he had a Cheſt very handſomly furniſhed with Medicines for ſuch a Veſſel, had he had but Judgment to make uſe of them. Thus many poor Souls are caſt away by the Ignorance of ſuch Vermin, who without Conſideration, or Conſcience, undertake the Charge of a Veſſel. But to come to the Patient, I ordered him to take *Elect. Sanant. Full.* ʒij. thrice a Day, which is thus made.

℞

℞. *Sperm. Ceti* ʒj. *Ceræ citr.* ʒiij. *Ol. Amygd. Dulc.* ℥j. *liquentur simul; amota ab igne agitentur usque dum refrixerint, & consistentiam acquisiverint, deinde misce in mortario cum Cons. Ros. Rub.* ℥iß. *Mel.* ℥j. *m. f. Electuarium.*

And because he was very weak, I desired him to drink *Decoct. Alb.* to ℔ij. of which was added ℔ß. of *Canary* Wine. And that he should have good strong Broths made with Fowls, and some of the Beef of the Country boiled together, and also sometimes a little Rice, which is plenty enough in that Country; sometimes he had a Chick roasted: Thus by good Management he happily recovered; and I saw him very healthy afterwards at his own House, about the latter end of *April.*

## *OBSERVATION* III.

One *Peter Geare* Cook on board the *Peterborough* was taken very Ill on the seventeenth of *December*, with great Pains and Soreness all over his Body, as if he had been beaten, and about four

Hours after he was ſeized with cold Shiverings, which laſted (as he told me) about an Hour, and were ſucceeded by a violent Heat, in which I found him when called to him: His Pulſe were very turgid and unequal, his Tongue very white; he had alſo great Thirſt and Inquietude, and was betwixt whiles a little raving, with prodigious Pains in his Bowels, and a violent Pain in his Head, great Nauſeas, *&c.* I ſuppoſed it to be a dyſenterick Fever, and therefore ordered the Surgeon to breathe a Vein, and to adminiſter ℥iß. of the emetick Wine the Day following, which operated very well: He took after it the ſame Night a *Hauſtus*, as followeth.

℞ *Aq. Theriacal.* ℥ß. *Cinnam. hord.* ℥j. *Oc. Canc. ppt. gr.* xij. *Sacch. albiſs. parum m. f. Hauſtus.*

He got little or no Sleep, and the Fever rather augmented till the Day following about nine of the Clock, at which time he was very much cruciated with intolerable Gripes for about half an Hour; after which he went to Stool, and voided Jelly of various Colours, and continued to go (as they told me) every

every Quarter of an Hour for ſix ſeveral turns, and that then he voided alſo ſome Blood; I looked on the Excrements, and ſaw ſome Liniments of dark livid Blood mixed with the Jelly. I ordered him ʒj. of *Rhabarb. non torrif. ſed e radulâ raſ.* to be made up into a *Bolus*, with Conſerve of Violets, which he took the next Morning. During its Operation he voided a great Quantity of dark livid Blood, accompanied with ſome Jelly; and afterwards, towards Night, ſome few Particles at a time of bright florid Blood, and that very frequently. I viſited him the next Morning, and found the Fever much diminiſhed; and he ſaid the Gripes were not ſo violent; that he could get very little Sleep, becauſe of his frequent Ejections, yet he had fallen into a moderate Sweat, and ſlept about two Hours, juſt before I came, ſince which he did not go ſo frequently; neither had he much Pain, nor very great Thirſt, but fancied he could eat ſomething. I ordered him a little Rice with Cinnamon, and a little Sugar; of which he eat a little, and drank of his common Drink, which was *Decoct. Alb.* ℔ij. mixed with ℥ij. *Aq. Theri. fact.* and then I preſcribed him *Elect. San.* in the forego-

ing Obſervation, and alſo the Broth. He took the Electuary three times a Day, *i. e.* ʒij. in the Morning faſting, as much two Hours after Dinner, and at Bed-time: By this Method he was quit of all Symptoms entirely in ten Days time, and remained healthy during the reſt of the Voyage. When the Sick is regularly treated in the beginning, the Fever, and all its Symptoms quit him ſometimes in ſeven Days, but at fartheſt in eleven Days; and when he is ill-treated, its Relicks remain a long time, and either form an Ulcer or Fiſtula of the Meſentery, or an incurable Gangrene of the Inteſtines, and Death: All which Miſchiefs happen commonly from that ſo much admired baneful Drug *Ipecacoanha*, which many eſteem as an infallible Remedy. It is certain it doth leave an aſtringent Quality behind it, and ſo locks up the reſt of the morbific Matter in the *Viſcera*: It ſeems to help the Sick for a few Days, by which means he is much deceived; and many more periſh by it on this Coaſt, than are reſtored to health, as I am plainly perſuaded; for as many Negroes as take of it, are ſo many loſt to the Merchant. I never made uſe of

it

it after Experience had ſhewed me its evil Effects, and do really look on it as Man's Bane; for, if it does no other Injury, it leaves at leaſt a filthy glutinous Matter behind it in the Inteſtines; which glues up at once the Orifices at the meſenterick Veins and Arteries, and ſo turns the morbiſick Matter in again upon the Blood, and hinders Nature in its Endeavours; therefore never meddle with it, for you will find the emetick Wine anſwer much better. The *Dyſentery* is the *Criſis* by which the Blood diſchargeth itſelf of what offends it; and one ſhould only ſtrive to aſſiſt it, and promote a little its Endeavour by Degrees, as one finds Nature diſpoſed; which is the ſure way to have Succeſs in all Reſpects.

## *OBSERVATION* IV.

I was ſent for from *Andony* to old *Callabar*, to the Commander of a *Weſt-Indian* Ship, who had been a great while languiſhing under the Relicks of a dyſenterick Fever. He was very much debilitated, and almoſt continually going to Stool: He had ſome Symptoms of a Fever towards Night; his Ordure was

of an evil green and dark Colour; upon which followed, ſometimes, a few Particles of dark livid Blood, and ſmall Pellicles like Shavings of the Guts; and ſometimes (perhaps twice a Day) a kind of tough Matter a little fetid, which corroded his Fundament as it came away, as he and the Surgeon both informed me; and that ſome few Days before he had voided thin Blood, with ſmall Pellicles like Water, in which raw Fleſh had been waſhed; which Symptoms ſeemed to preſage a Gangrene of the Inteſtines to be very near at Hand. I then demanded of the Surgeon how long he had been Ill, and how he had treated him; who told me it was near ſix Weeks ſince he was firſt taken ill, and that he had blooded him twice, and adminiſtred the *Ipecacoanha* for two turns, and given him the white Decoction, and that he ſeemed perfectly cured for fifteen Days; after which he fell again into the miſerable State I now ſaw him in, and that he had made uſe of all the means he could, but all to no Purpoſe. I ordered him a Clyſter, compoſed of a Pint of the Broth of a Goat's Head, mixed with Balſam of *Capavi* and *Venice* Treacle, of each half an Ounce, to be inject-

ed immediately, and repeated every Night, for three or four Days ſucceſſively, and to take inwardly three Spoonfuls of the following Julap thrice a Day.

℞ *Confect. Fracaſtor.* ʒvi. *Vin. alb. gener.* ℔i. *coque ad* ℥x. *Col. adde Aq. Bryon. c.* ℥iij. *Tinct. Croc. Caſtor. ana* ʒß. *Laud. Liq. Syd.* ʒij. *Mel. deſpumat.* ℥iß. *m. f. Julapium.*

He aſſured me the next Morning that he had found much Benefit, and that he had great Hopes that the Julap would cure him; ſo directing his Surgeon to give it him preciſely according to order, and to be careful in his Diet alſo, I returned Home. About fifteen Days after being ſent for again to *Andony*, I was willing to call on my old Patient, but found him not aboard; and having ſome Buſineſs with King *John*, I ſaw my Captain there, very well recovered, and I had alſo afterwards (ſome few Months) the Pleaſure of drinking a Bottle with him at his Houſe in *Barbadoes*, where I found him mighty luſty, healthy and chearful.

*OBSER-*

## *OBSERVATION* V.

One *Giles*, Mate on board a *Barbadian* Ship, was cured of the Relicks of a *dyſenterick* Fever in the following manner. He told me he went to Stool thirty times in a Day, and that his Excrements were very crude, inſomuch, that one could eaſily diſcover what he had eaten by them, becauſe they ſtill retained the ſame Smell, only the Colour was a little altered, and that they were accompanied with Blood ſometimes of a dark livid Colour, and ſometimes very florid; and that at certain times, *viz.* twice or thrice in a Day, he voided a great Quantity of a kind of Jelly very tough, and intermixed with Liniments of dark livid Blood: This happened ſometimes only every other Day, or once in twice twenty four Hours; and that commonly before he did void theſe Jellies, he had a prodigious Pain in his Loins, Groins, and Sides of the Belly, and was very vehemently griped. I was dubious of an Ulcer or Fiſtula, either in the Inteſtines or Meſentery, and therefore ordered him the following Clyſter immediately, which was to be repeated every Night for three other Turns.

℞. *Decoct.*

℞. *Decoct. Hord.* ℔j. *Confect. Fracastor.* ʒiij. *Ol. Terebinth.* ʒj. *Balſ. Peruv.* ʒß. *Caryoph. pulv.* ℈j. *Balſ. Capayb.* ʒij. *Mellis* ℥ß. *m. f. Enema.*

And he took inwardly twice a Day ʒij. of the *Elect. Sanans.* to which was added *Balſ. Capayb.* ʒij. *Peruv.* ʒj. By theſe means (obſerving a regular Diet) he was perfectly reſtored to Health. And it is moſt certain, that in any of thoſe old ſtubborn Relicks of either *diarrhœatic* or *dyſenteric* Fevers, the above preſcribed Remedies are the moſt prevalent you can make uſe of; as Experience hath very plainly taught me a hundred (yea, I may ſay) five hundred times.

## CHAP. IX.

### *Of the* Iliac Paſſion, *otherwiſe called* Miſerere Mei.

THIS Diſeaſe has its Name from the Inteſtine *Ilium*, which ſome take to be the Part affected. It proceeds very often from a too liberal uſe of Fruits, *viz.*

*viz.* Bonnanas, Pine-Apples, or the Liquor of Cocoa-Nuts, which do debilitate the natural Tone of the Ventricle, and vitiating the Chyle, transport unnatural Corpuſcles to the Blood; and not only ſo, but they leave alſo a kind of viſcid Jelly in the Stomach, which glides down gradually with the Excrements into the Folds of the Inteſtines, and adheres there like Glue, till it is liquified and rarified by the hot humid Air repoſed in the annular Fibres and Pores of the ſaid Inteſtines; together with the unnatural inimical Corpuſcles coming from the vitiated Blood through the *meſenteric* Veins and Arteries; or (perhaps alſo) by Tranſcolation, and then acquires a very rapid Motion, by which the Excrements are by little and little deprived of their moſt humid Particles, and as it were torrified; which together with the moſt groſs terreſtrial Particles of the ſaid Jelly, do block up the Paſſage; ſo that the deſcending Excrements, continually ſeparated, being impeded in their Deſcent, rebound upwards whence they came. *Nam quum inteſtina conſtringuntur, nec deſcendere queant excrementa, neceſſariò ſurſum feruntur.* For when the Inteſtines are conſtringed, and the Excrements

ments cannot deſcend, they muſt of Neceſſity mount upwards, and in their contrary Motion agitate and vellicate the little nervous Fibres and Tunicles of the Inteſtines; which Hurt they alſo communicate to the Stomach, Diaphragm, and all the *Viſcera*; whence comes Vomiting, Gripes, Diſtentions, Fever, *&c.* becauſe thoſe inimical Particles which accompany them, do very much diſtend the Inteſtines in the ſuperior Part next the *Pylorus*; whilſt the inferior Part, where the indurated Excrements and Jelly are lodged, become cloſed up, as if bound with a Cord; which Affection the *Greeks* called χαρδαψὸς. Hence then the Generation of Chyle is impeded, the Spirits diſſipated, and the Blood ſtagnated; partly by the venomous Corpuſcles impregnating it, by way of the *meſenteric* Veins and Arteries, and partly by the others, which inſinuate themſelves into its Pores by the lacteal Veſſels, becauſe it hath not Force enough to expel them; and therefore they do, a great part of them, roll again into the Inteſtines, and inflame and ulcerate their Tunicles, and at the ſame time raze off the *Mucus Inteſtinalis*, and corrupt and taint it; which being thus converted into a

venomous

venomous Matter, is vomited up, being of a fetid, noiſom, deadly Smell; to which ſucceeds a univerſal Debility, unnatural Frigidity of the extreme Parts, and Death. It may alſo ſometimes proceed from evil unnatural Qualities of the circumambient Air, as you have it before; but let it proceed from whence it will, the Stomach and Inteſtines being affected, the Chyle, Blood, *Lympha*, and all the Fluids are gradually infected, and infect more and more one the other, till they ſubvert and deſtroy the whole Fabrick. If Vomiting only happens in this Diſeaſe, it is not often mortal. For I have cured many, both black and white, who vomited not only Aliments or Medicines received by the Mouth, but even a Clyſter, preſently after it was injected. However, if what they vomit up be putrid, noiſom and fetid, in leſs than twelve Hours they will ſurely die.

## *The CURE.*

It is very convenient to begin with Phlebotomy; after which Clyſters will be of great Benefit, in order to evacuate the torrified Excrements, and viſcid unnatural

natural Jelly repoſed in the Folds of the Inteſtines, remove the Inflammation of their Tunicles, and take off their depraved convulſive Motion.

## *OBSERVATION* I.

One *Thomkins*, Mariner on board a *Weſt-Indian* Shallop, lying in the River near us, was on the eighteenth of *January* 1717-18. violently ſeized with this ſurpriſing Malady, to whom I was ſent for by his Commander. He had been blooded by their Surgeon before I came on board, and had alſo taken a Clyſter, which he vomited in my Preſence. I therefore ordered him to take *Liq. Laudan. Sydenham. gut.* xvi. *in Aq. Cinnamom. fort. coch.* iß. and repeat it once in four Hours, till the Vomiting ceaſed, and ſo quitted him for that Night; and the Morning following going to viſit him, I found his cruciating Pains and Vomiting mitigated, and therefore directed a Clyſter compoſed of Broth of a Goat's Head ℔j. *Mel. Conſ. Viol. ana* ℥j. *Balſ. Capayb.* ℥ß. to be injected preſently, which he retained very well, and rendered it near an Hour after, accompanied with Particles of hardened Excrements,

ments, like Clay hardened by Fire; theſe were ſome of them as big as good large Beans; after which followed no ſmall Quantity of viſcid tough Jelly of various Colours, intermixed with ſome few Particles of Blood, at which he cried out, *Bleſſed be God, I find much Eaſe.* I deſired the Surgeon to repeat the Clyſter for two other turns, *viz.* once in four Hours, and to give him only internally the Broth of Goats Fleſh, which he very exactly obſerved; and the Sick voided alſo a great Quantity of Jelly of a dark brown Colour, only at the latter end after the laſt Clyſter, followed ſome few Excrements very liquid, but of a tolerable good Colour. The Morning following he took the following purgative Bolus.

℞ *Pil. Coch. reform.* ʒß. *Merc. d. gr.* xvi. *Balſ. Peruv. gut.* iv. *Conſerv. Violar. q. ſ. m. f. Bolus.*

He had four Stools, and the ſame Night at Bed-time he took the *Laudan.* as before, only once, which was continued alſo every Night for four Nights ſucceſſively, and the poor Fellow became very healthy in a few Days.

*OBSER-*

## *OBSERVATION* II.

One *Wright*, alſo Mariner belonging to the ſame Ship, happened to be at *Andony* with their Boat, and was taken ill of the ſame Diſeaſe, only not ſo violently as the former; and I being there with one of the Grandy-men, about ſome Affairs, the Afflicted craved my Advice. I deſired ſomebody to call a Surgeon from on board one of the neighbouring Ships to come and bleed him, and give him the following Clyſter.

℞ *Juſcul. Capit. Capr.* ℔j. *Mel.* ℥j. *Balſ. Capayb.* ʒvj. *m. f. Enema.*

The poor Wretch ſuffered very much by Gripes and Vomiting, before the Clyſter was adminiſtred, which he retained about half an Hour, and then render'd it, with Abundance of hard Excrements, and a tough yellow kind of viſcid Jelly, intermixed with ſome few Particles of dark livid Blood; after which, in leſs than an Hour's time he went to Stool twice, and voided ſome few liquid Excrements of a greeniſh Colour, accompanied with ſome Jelly, a little whitiſh.

In

In the mean time I prayed the Surgeon to procure him the following Julap.

℞ *Herb. Menth. incis.* Mj. *Fol. Ros. rub.* Mß. *Sal. Tart.* ʒß. *coq. in aq.* ℔jß. *ad* ℥xjv. *colaturæ adde Liquid. Laud.* ʒij. *Tinct. Croc.* ℈ij. *Balſ. peru. exig. Sacch. miſt.* ʒß. *Aq. Cinnam. fort* .℥ij. *Sacch. cryſt.* ℥j. *m. f. Julap.*

Of which he took four Spoonsful once in three Hours, and was able in three Days time to return home to his Ship, and recovered his Health without any other Medicine, only a gentle Purgation.

## CHAP. X.

### *Of the Cholick.*

THIS Diſeaſe is alſo very commonly generated from the evil pernicious Qualities of Fruits, as the former. Its Signs are great Pains in the Bowels, which range from one part to another, alſo Vomitings, Suppreſſion of Urine, and other intolerable Accidents. For when the Inteſtines are diſtended from hot

hot igneous Corpuſcles coming, either from the ſanguinary Maſs, or elſewhere, the Inteſtine in that part grows larger in magnitude, while it's contracted in length, and proportionably the neighbouring Parts are alſo diſtended, and draw the circumjacent Parts out of their natural Situation; ſometimes one, and ſometimes another, and ſo divers Symptoms ariſe, according as the inimical Corpuſcles roll upwards or downwards, and diſtend the Parts, longitudinaly, or lateraly; for one while the *Pylorus* is drawn out of its natural Poſture, and then Vomiting happens, becauſe the Stomach ſuffers a convulſive Motion; another while the Meſentery, and thence comes moſt exquiſite Pain, and alſo Vomiting; other whiles the Neck of the Bladder is oppreſſed, whence comes Retention of Urine, Pains in the Groins, and round about the *Os Pubis* which are very tedious to the afflicted.

## *The* C U R E.

It is very proper to draw a little Blood in the beginning, and then a Clyſter made with ℔j. of the Broth of Goats Fleſh, ℥j. of Honey, and ʒv. of *Balſ.*

*Capayb.* will relieve the Patient ſooner, and better than any other thing you can make uſe of, after which, give him a gentle Purge, in order to cleanſe the Folds of the Inteſtines and Stomach, and ſo prevent another Fit, or worſe Accidents, which may otherwiſe (perhaps) ſpring from the Reliques of the Morbific Matter.

## *OBSERVATION* I.

I was ſent for on Board a *Liverpool* Man the *25th* of *December*, being *Chriſtmas-Day* in the Morning, to viſit the Commander who had been ill of the Cholick (by Fits) for the ſpace of three Days. His Surgeon told me he was ſeized at firſt with great Gripes, Vomiting, Contractions of the Hands and Feet, Rowlings of the Eyes, *&c.* and that he had blooded him, and given him a Clyſter, which he rendered juſt as he took it in about five Minutes, and that he gave him afterwards Liquid *Laud.* in two Spoonsful of *Aq. Cinnam.* which gave him eaſe; but ſome few Hours afterwards, it ſeized him again rather more violently than at firſt, for which he gave him another Clyſter, and ſome few Drops of

of *Ol. Anis.* in *Aq. Cinnam.* He rendered the Clyster, and some few hard Excrements, which eased him very much, and afterwards he drank betwixt whiles a little *Aq. Junip.* which he thought had cured him, till about Mid-night before he sent for me in the Morning he was taken very ill again, and he was really extraordinary bad, when I came to him, his Hands and Feet contracted, his Eyes wild, had a Fever, and raved betwixt whiles: I ordered the Surgeon to breathe a Vein, and give him the following Clyster.

℞ *Juscul. Carnis Caprin.* ℔j. *Conserv. Violar* ℥j. *Bals. Capayb.* ʒvj. *Peruv.* ℈ij. *m. f. Enema.*

He retained it almost half an Hour, and render'd it with a great Quantity of hard Excrements, and in a quarter of an Hour he called his Boy to aid him, and had a very copious Stool, the greatest part of which was yellow viscid Jelly, which gave him great ease, but he complain'd he was very thirsty; I bid the Boy give him a little of the Goats Broth Milk warm, of which he drank a hearty Draught, and in about half an Hour he

had another Stool, which consisted of pretty laudable Excrements, and a little white Jelly, he made also a great Quantity of Urine very high coloured. I ordered him the following Julap.

℞ *Aq. Cinnam. hord.* ℥ij. *Theriac. fact.* ℥ij. *Sacch. albiss.* ℥ß. *Bals. Peruv.* ℈j. *m. f. Julapium.*

Of which he took one half that very Moment, and kept the other for Night. I desired he might take nothing save some of the same Broth that Day, unless he fancied some Gruel, in which was boiled a little Mace, and so left him to his Surgeon's Care. The Day following in the Afternoon he sent me a Present, and thanked me, and withal prayed me to visit him the next Morning, altho' he hoped he was perfectly cured, but only fatigued, and weak. I visited him according to his Desire, and found him very chearful, but notwithstanding persuaded him to take the following Mixture, which would purge him very gently, and that he should repeat it again in two or three Days.

℞ *Crem. Tart.* ℥j. *Solve in Aq. Font.* ℔ß. *adde Conserv. Violar.* ℥j. *Cola.*

It gave him four Stools, and he repeated it again the second Day, and was very healthy afterwards. It is very probable he got this Cholick by eating frequently after Dinner Pine-apple, for a Digester (as he called it) but he promised me never more to be guilty of the like Folly. You need only follow this Method in the Cure of the Cholick, and you will scarce ever miss your end, for this was the most terrible one that ever I saw upon the Coast, for which Reason I thought it very proper to pen you down the Observation. But when the Patient does not vomit, you need only give the following Bolus, and repeat it every Day for three Turns.

℞ *Balf. Capayb.* ʒij. *Sem. mil. Sol. pulv.* ʒj. *Sacch. Alb. s. q. m. f. Bolus.* Or

℞ *Balf. Capayb.* ʒij. *Lap. Armen. Bacc. Junip. pulv. ana. p. æ. q. s. ad Bolum conficiend. & repetatur ut supra.*

# CHAP. XI.

## *Of the Negroes.*

IT is highly neceſſary for you to endeavour to be acquainted with the Nature and Conſtitution of theſe People, together with their accuſtomed manner of Living, which will the better qualify you for preſerving their Health, and alſo reſtoring them when afflicted; to which end therefore I ſhall deſcribe their Conſtitutions and Qualities under four principal Articles, and then proceed to their Cuſtom, or Manner of Living, and particular Maladies; in all which I muſt be very brief, otherwiſe you would be embarraſſed and puzled with a fruitleſs and unneceſſary Diſcourſe, becauſe it would ſwell up to a large Volume; whereas my Deſign is only to ſpeak of things ſo far as Neceſſity requires, in order to fit you for your intended Enterpriſe.

*Article* I. The firſt ſort are of a kind of Chocolate Colour; their Hair is commonly very ſhort, criſped, and of a dark Ruſſet; whether Men or Women, they are

are moſt commonly ſurly, proud, haughty, vain-glorious, quarrelſome, revengeful, implacable, yet commonly very valiant, and much given to Venery. Theſe are they in which the pure, ſubtile, benign aerial Spirit abounds moſt, which cauſes the Fluids to circulate more rapidly, and make a very copious Diſcharge by inſenſible Tranſpiration, for which reaſon they are more given to Drink, and their Blood more ſubject to Inflammation from any heterogeneous Corpuſcles, than others, and they are more commonly afflicted with *Eryſepelas's*, and ardent Fevers.

*Article* II. The ſecond ſort are of a natural Black, and are commonly luſty, ſtrong, vigorous, chearful, merry, affable, amorous, kind, docile, faithful, and eaſily diverted from Wrath, their Hair is very black, and may be drawn out to a great Length, much exceeding the former; their Fluids alſo circulate a Degree in Rapidity leſs than the others, they have alſo much brighter and better Blood, of a better Conſiſtence, and very copious, and are frequently attacked with *Pleureſies*. They are the beſt temper'd People, and make better Slaves than any of the Reſt.

*Article* III. The third ſort are yellow, and for the moſt Part dull, heavy, ſluggiſh, lazy, idle, ſtupid, timorous, and eaſily impos'd on; their Hair is of a dark brown, and may be drawn out to a great Length: Their Fluids circulate more ſlowly than the two former, becauſe the natural, benign, aerial Spirit abounds leſs, and therefore they require not ſo much Nutriment, eſpecially Liquids; they are ſubject to *Diarrhœa's*, and the Women have commonly the Whites in an extraordinary Degree.

*Article* IV. The fourth are of a dark ruſſet Colour, their Hair black and criſped, and very thin, which never grows to any great Length; they are naturally ſad, ſluggiſh, ſullen, peeviſh, froward, ſpiteful, fantaſtical, envious, ſelf-conceited, proper at nothing, naturally Cowards, very indecent, and naſty in all their Tranſactions, and ſubject to the Leproſy, Scurvy, and ſchirrous Tumours, becauſe the natural benign Air abounds leaſt in their Fluids, ſo that they circulate very ſlowly, and corrupt more eaſily. They are the worſt of Slaves, and very few of them can be brought to

Decency,

Decency, or any tolerable Subjection, either by Flattery, or Auſterity.

Theſe People are afflicted with *Diarrhœa's* very frequently, becauſe they are uſed (the vulgar Sort) to eat raw Fleſh, Fiſh, and Fruits, and know not the uſe of Salt, unleſs it be ſome of them, that have been Grandy-mens Servants, and have come to a Knowledge of Salt by that means, and then muſt they pay very extravagantly to their Kings and Sacrificators, or abſtain from it. For they are Idolaters, poſſeſſed with a firm and unalterable Belief of the *Metempſycoſis*, very much oppreſſed by King and Sacrificator, who generally claim right to two Parts in three of their Subſtance, and yet notwithſtanding they are any of them ready to ſacrifice their Lives, Wives, Children, and whatſoever they can any ways procure by Hunting, Fiſhing, or any other Means, in their Defence, and think it a very compleat Recompence, when either King or Sacrificator receives their Preſents with a favourable Aſpect, or gives them a good Word, becauſe then they imagine they are eſteemed as good loyal Subjects, and ſtrict Obſervers of religious Sacrifices. But the Grandy-men are very ſeldom afflict-

ed with that filthy Malady, becauſe they never eat any raw, or half-ſodden Fleſh, or Fiſh, but very well roaſted, or broiled, neither do they eat any Fruits, but what are roaſted and very nicely prepared according to their Faſhion, and they have alſo a way of preparing Salt, as they have Occaſion, and for want of the ſame Ability and Care, the common People dye like Sheep, after the Flux hath tormented them ſome time, it generally occaſioning an Ulcer, or Fiſtula in the Meſentery, becauſe they have no Cure ſave the *Guavers*, which help to end their Days the ſooner, as they lock up the morbifick Matter, which becomes more and more virulent, till it forms, a Gangrene or Fiſtula, as I have often experienced, by diſſecting the Bodies of thoſe who expired in this Diſeaſe, which had been impoſſible for me to effect, unleſs ſome one had at my deſire frequently ſprinkled the Room, and waſh'd my Temples and Noſtrils whilſt I was at Work, with a certain antipeſtilential Water, which I prepared for that Purpoſe. But moſt commonly thoſe inveterate *Diarrhœa's* come from the Relicks of an old Pox, which is what they call the *Yaws*, and when

ſuch a *Diarrhœa* ſeiſes them they are ſure to dye, there being no Cure for them, and therefore they gird their Loins with a little kind of Band made with thin Bark of Trees, to advertiſe their Neighbours that they are mortally Sick, and would not have them approach them, leſt they ſhould infect them, of which more hereafter in the following Chapters. Moreover they are ſubject to the Meaſles and Small-pox, as well as white People, and then they are commonly ſeized with great Heavineſs and Pain in the Head and Back, a gentle Fever, and Vomiting, or Nauſeas, which plainly denote the Small-pox, alſo weeping Eyes, Blood from the Noſe, together with the aboveſaid Symptoms, declare them infected with the Meaſles, which Maladies are no ways dangerous, nor ſo troubleſome as in the cold Climates, neither are they ſo very ſick, e'er they come out, nor remains there any great ſign of them, after they recover. Abundance of theſe poor Creatures are loſt on Board Ships to the great prejudice of the Owners and Scandal of the Surgeon, merely thro' the Surgeon's Ignorance, becauſe he knows not what they are afflicted with, but ſuppoſing

it to be a Fever, bleeds and purges, or vomits them, and ſo caſts them into an incurable *Diarrhœa*, and in a very few Days they become a Feaſt for ſome hungry *Shark*; when, if he had ſpared himſelf the trouble of doing any thing for them, but left all to Nature, they might have recovered, and become of Profit to the Merchant, and a Credit to him, as tho' he had cured him; for alas! when they are in the Woods ſick of theſe Diſeaſes, they take nothing but cold Water, and ſuck Oranges, and yet recover, as I myſelf have been an Eye Witneſs many a time; and the Grandymens Children are treated no otherwiſe in this Sickneſs, and are very well of the Small-pox in leſs than half a Moon as they call it, which is fourteen Days, and of the Meaſles in eight, as I have ſeen myſelf, and the People themſelves never look on it as Mortal, for they imagine it to be only a light Affliction, or Puniſhment laid upon them by the Queen of Nature, (as they call her) which is the Moon whom they adore, becauſe they were not vigilant enough in their Duties at her Sacrifices, when they came to a certain Knowledge; or becauſe their Parents were negligent

of

of bringing them to the Sacrificator, ſome few Days after their Birth, which are Tales and Chimeras infuſed into their weak Brains by the Sacrificator himſelf, purely to keep them ſubſervient to his own ends, and thoſe of the King. I have had fifty at a time Sick, ſome of the Meaſles, and others of the Small-pox, and never gave them any thing elſe, only a Ptyſan compoſed of *Hord. Perl. Paſſ. enucleat. & Dact.* boiled in Water, to which was added a little *Succ. Granat. & Sacch. Albiſſ.* of which Fruits, the Raiſins excepted, you can never want on that Coaſt; and out of fifty not one died. But ſome have had Films over their Eyes, which hindered their Sight, for which I did order a *Collyrium* compoſed of *Vin. Emet.* ℥j. *Sacch. Saturn. gr.* vj. *Sacch. cand. alb.* ℈j. which did always take away Films, Spots, or Pearls, after the Small-pox, or proceeding from any other Cauſe. Or when ſome of them have been afflicted with *Ophthalmia's*, or Inflammations of the Eyes accompanied with Spots, Pearls, or Films, thro' Cold, Strokes, or any other Cauſe, after bleeding, and purging, the ſame *Collyrium* never failed to anſwer my Expectation.

CHAP.

## CHAP. XII.

### *Of the Yaws.*

THIS is a real Pox, and proceeds from Coition with an unclean Person. It is a Diſeaſe as common among the greateſt Part of theſe People, as the Itch in *Wales* or *Ireland*; many of them have it hereditarily from their Parents, and the Women frequently contract it by admitting ſeveral Men one after another, which is very common among thoſe who live remote from Towns: All the Laws of the Country are very ſevere in the Puniſhment of ſuch Offences, for the Man that is taken in the Fact is cut in Pieces alive, unleſs he can poſſibly make his eſcape, and the Woman ſold for a Slave; there is no Pardon for them; and to prevent ſuch Crimes, the Kings allow their Subjects each as many Concubines as he can maintain, but then he muſt provide for them, and their Children, and ſee that they frequent the Sacrifices, the which, if they neglect, all they have is confiſcated, and the whole Family ſold for Slaves, and (perhaps) the Man put to Death.

Yet.

Yet notwithſtanding the rigorous Laws, and Liberty of Conſcience for Wives and Concubines according to each Man's Degree and Capacity, when they go a hunting or fiſhing by tens, fifteens, or by twenties, there are certain Places in the Woods, where Keepers are appointed by the King, to dwell with their Wives and Families. Theſe have liberty to gather Fruits, kill Fowls, Goats, Swine, *&c.* neceſſary for their own Uſe, only they are to take care of Thieves who live by their Bows and Arrows, and ſteal Deer, Palm-wine, Fowls, Fruits, *&c.* When they take a Thief, they are rewarded by the King, and the Offender is ſold for a Slave. When theſe Keepers are abroad, ſome of their beſt beloved Concubines who have more Liberty allow'd them than the reſt, make uſe of the Opportunity to take their Jaunts where they pleaſe, and if they chance to meet with any of the King's Houſhold, or other Grandy-men who have Authority in the Woods, for the Lucre of a few Beads, or Copper Barrs, and ſometimes only in hopes of gaining their Promiſe to intercede for them in a caſe of Neceſſity, they make no difficulty to hold up to twenty or thirty,

one

one after another, and ſo by that Means get the Yaws, and give it to others; for one of theſe frolickſome Ladies is enough to infect ten Colonies, but if the Keeper happen to miſtruſt her, ſhe muſt go for a Slave, which is all the ways he has to puniſh her, altho' ſhe firſt gave him a Proof of her Unchaſtity by clapping or poxing him. What I here relate is no Imagination, for I have ſeen ſuch things acted ſeveral times, when in the Woods at the Chaſe with great King *Ambos*'s Son. Nevertheleſs, at other times, one of theſe laſcivious Women would ſuffer Death, rather than yield to a Man in that way, altho' it's more out of fear of being taken and baniſh'd, than from real Chaſtity; ſo that it's no wonder the Yaws ſhould be ſo common amongſt them, ſeeing the Women are ſo profuſe, aud the Men worſe than Beaſts, and have ſo many Women with whom they may lawfully ſport, even as they liſt, without running the hazard of being infected. Altho' there be ſome alſo very chaſte, both Men and Women, who live very moral Lives, but they are very rare. When they get only a ſmall Clap, they make nothing on't; for they have a ſort of Worms, which

which lie commonly in the Roots of old rotten Palm-trees, that ſomewhat reſemble *Millepedes*, only that they are vaſtly bigger, and differ in Colour, of which they take three or four, and ſqueeze them into a little Palm-wine, and drink it for ſeven Mornings, and as they uſed to bathe themſelves in the River, or in the Sea (thoſe who live near it) once a Day, when in Health; when affected thus, they bathe three or four times, and ſtand in the Sun, and rub themſelves all over with Palm-oil, and ſo they ſweat prodigiouſly, inſomuch that the Venom is partly carried off by Sweat, and the difficulty of Urine corrected, and alſo the ſcalding, by the uſe of the Worms, and the weakneſs alſo of the Seminal Veſſels is a little repaired, and thus they patch themſelves up from time to time, when only afflicted with a *Gonorrhœa*. Theſe Worms alſo cure the Women of the Whites, and are eſteemed amongſt them as a kind of Divinity, for ſome of them pay Homage to them, e're they make uſe of them. Moreover they give them to Women with Child to prevent Abortion. Theſe were peculiar Secrets communicated to me by King *Ambos*'s Son; who ſpoke

tolerable

tolerable Engliſh, at leaſt enough to make one ſenſible of what he meant. He aſſured me his Father would not take it well of him, if he knew he told the Virtues of thoſe Worms to any Stranger. And really I have asked of ſeveral other Grandy-men, what they did with the Worms, when I have ſeen them ſqueeze them into their Wine; their anſwer was, *good for Wife*, and that was all I could get out of them. They never are troubled with Cordées, or Shankers, becauſe they are circumciſed, which alſo prevents a *Phymoſis*, or *Paraphymoſis*; they have alſo more Pleaſure in Copulation than the uncircumciſed, on both ſides, nor is the Man ſo ſoon infected by an unſound Woman, and theſe are the principal Reaſons for which they circumciſe themſelves; which Operation is performed as ſoon as the Child comes from his Mother's Womb, and is cleanſed; to heal the Wound, the Mother waſhes it with her Milk very often in a Day, after the Blood is ſtoped, which is done by the Sap of the Plantain-tree in which they moiſten a little of the fine Furr that grows on the Belly of a little Deer, and apply it all round the Part, and remove it not for ſome Days, during

which

which the poor Infant ſuffers a great deal of Pain, becauſe the Furr grows ſtiff with Blood and Matter, and muſt ſtay on 'till the Mother thinks it will bleed no more; then ſhe waſhes the Part often with her warm Milk, and that provokes the falling of the Furr, and afterwards keeps it clean, and ſo Nature heals it in a ſhort time; theſe things I have ſeen done at their Houſes, otherwiſe I would not put them down for matter of Fact. Moreover I had a greater Facility of ſeeing their Ways and Cuſtoms, than another, becauſe I was in the King's Houſe up in the Country near twenty Days, and was continually up and down with his Son hunting, fiſhing, and viſiting, and could obtain any Favour I would ask of him, that was in his Power to grant me, becauſe I did a ſingular piece of Service for his beloved Siſter, who was really for Features and Shape one of the moſt beautiful Creatures I ever ſaw in all my Travels; ſometimes they have *Buboes* in the Groins, which come to Suppuration without any Application, for they know no Remedies proper for that Purpoſe, altho' they have a great Quantity of good Plants, did they rightly know their Virtues; when the Tumour

mour is open, they ſqueeze out the Matter by degrees, and waſh the Part with Palm-wine, and Urine, even 'till the Orifice cloſeth. By this wrong way of managing, many venomous Particles get into the Blood and taint it, but becauſe of their large and profuſe Sweating through the Heat of the Clime they feel no Pain for ſome time, 'till the morbifick Matter increaſes and is puſhed out by the Force of Nature through the Skin of the Head, Face, and Neck in filthy Puſtules of an ill-favoured Citron Colour, which by their frequent Bathings, and anointing with Palm-oil, dries, and falls off, and then they ſeem pretty well again for a ſmall time, 'till the reſt of the Venom acts its part over again, and ſhocks, agitates, and confounds the natural *Diatheſis* of the Blood, and gives them new Pains, ſomewhat intolerable. It now has got ſo much a Head, that Nature hath not the Force to puſh it out, or expel it any more, and therefore it makes havock of all the ſolid Parts, and relaxes, diſſolves, and melts them down, whence comes a Diſſolution of the Parts, and they are next afflicted with an incurable *Diarrhœa*, or

Flux,

Flux, which continues perhaps fifteen or ſixteen Days, till the *humor radicalis* be totally diſiccated, and the Spirits diſſipated, and the ſanguinary Maſs converted into a venomous virulent Matter, which ſtagnates and deprives them of Life. You muſt obſerve, that when this Flux comes upon them, they know they ſhall ſurely dye, and that is the Reaſon they will neither eat or drink, but gird themſelves with the Girdle abovementioned, which may be to you a ſure Demonſtration that the Flux comes from the Yaws; for they never do the ſame in a *Diarrhœa*, that came by eating Fruits, or raw Fleſh, or an evil Quality of the Air, nor in any other Diſeaſe whatſoever. Moreover ſome of them will ſeem as hearty and healthy (eſpecially Women) as if they were not affected at all, when they come on Board, and ſhall continue ſo perhaps for fourteen or fifteen Days, only that betwixt whiles they ſeem dull, heavy, and lazy, and have a kind of Fever, but in two or three Hours time they will be hearty and chearful again, which is a certain ſign that they are *Yawſed*, and at thoſe times ſuffer Pains, as you will find ſoon after, if you obſerve them; for the Flux be-

begins moderately for twenty four Hours, and then augments, and they will begin to gird their Loins, and then you have no buſineſs to Phyſick them, it is to no Purpoſe, they are gone. The Surgeons commonly take this Flux for a ſimple *Diarrhœa*, and ſo vomit them with *Ipecacoanha*, and give them Aſtringents, which is only throwing away their Medicine and torturing the poor Slave.

I hold it abſolutely neceſſary that you viſit all the Slaves, before you ſuffer them to be bought, becauſe in this Affair your own Reputation, as well as the Owners Intereſt lies at Stake. Sometimes the Men have *Gonorrhœas*, or *Ulcers* in the *Rectum*, or *Fiſtulas*, and the Women *Ulcers* in the Neck of the *Matrix*, which they will hide from you, (if you be not very careful) merely out of fear of thoſe who bring them on Board, becauſe if they don't ſell them, they will ſurely ſtarve them to Death, and therefore the poor Wretches ſtrive to hide all their Imperfections as much as they can, and will appear very hearty for ten or fourteen Days, 'till the Flux ſeizeth them. But you muſt not be contented that they ſeem to be in Health, but take good notice of their Eyes, whether the Whites be

be not of a livid or ruſſet Colour, and the little Veins yellowiſh or livid, their Eyelids padded, and under their Eyes an unnatural Colour ſomewhat different from the reſt of the Viſage, or whether their Eyes ſeem hollow, or ſunk into their Heads, or are deſtitute of their natural Vivacity, or whether they have no ſigns of Puſtles in their Heads, for wherever the pocky Puſtles have been, there remain always white Impreſſions, ſome prety large, and others very ſmall, and deſtitute of Hair, or whether they have no Mark in the Groins, or Ficus's about the *Anus*, or Marks of Scabs having been about the *Scrotum*, or Signs of Ulcers having been betwixt their Shoulders, or whether they have no Ulcer in their Throat, or their Gums be decayed, or whether they ſeem to be of an unnatural Colour, different from what they ought to be, or if they be not meagre, and their Bellies fallen in, all which are certain Signs of their being yawſed, tho' the Venom lies hid, which will ſome few Days after ſurprize you, for they are never disfigured, as Perſons that have the venereal Diſeaſe in cold Countries, but thoſe who dye, dye always of a Diſſolution of the ſolid Parts, and live many

ny Years with the Yaws in their Bodies; becauſe of their frequent Sweating, ſo that when you ſee any of thoſe Marks, that may give you Suſpicion, if you make Objections, you will have the Slaves much the cheaper; for the Grandy-men are not ignorant of theſe Marks, and when they find you know them as well as they, you will have them at half the Price; nay, they will rather ſell them at any Price, than keep them, and they are very eaſily cured, provided the Flux hath not ſeized them.

## CHAP. XIII.

### *The beſt Method of curing the Yaws.*

IF they are only afflicted with a *Gonorrhœa*, you need only purge them two or three times with ℈ij. of *Pil. Coch. reform.* intermitting a Day always betwixt each Purgation; or elſe becauſe it's very difficult to make them take Medicines, eſpecially the proud and ſurly, or the ſad and peeviſh; it's very eaſy to cheat them in the following Manner. Take a Glaſs of Brandy, which ſhall be about ℥jv. put into it ʒj. of *Scammony* prepared; put Fire to

the Brandy, and let it burn, 'till it extinguiſhes of itſelf; pour it off by Inclination, and give it them to drink; it will operate very well, and they will ſwallow it with Pleaſure, for they love hot Liquors, and one ought to pleaſe and flatter them as much as one can, becauſe the more you preſerve of them for the Plantations, the more Profit you will have, and alſo the greater Reputation and Wages another Voyage; beſides it's a Caſe of Conſcience to be as carefull of them, as the white Men; for altho' they are Heathens, yet have they a rational Soul, as well as us; and God knows whether it may not be more tollerable for them in the latter Day, than for many, who profeſs themſelves Chriſtians. Thus having purged them, you may give them every ſecond, or third Day for three Turns, of the *Mercur. Vitæ* preſcribed in the end of this Treatiſe.

℞ *Mercur. Vitæ. gr.* viij. *conſ. Viol. ſ. q. m. f. Bolus.*

After they have taken it, let them drink about half a Pint of the following Ptyſan warm.

℞ *Sarſaparil. Glycirrhyz. Fol. Senn. Criſt. Min. vel Crem. Tart. Sem. Aniſ. ana* ʒij. *coq. in aq. ſ. q. ad* ℔ j ß. *col.*

After they have taken the Bolus and Ptyſan, keep them below on the Platforms for two Hours, during which they will ſweat very much, and be alſo very thirſty; but be ſure they have nothing to drink till the two Hours are expired, and then give them a little thin Goat's Broth; they will have two or three very copious Stools, and void each time abundance of filthy, viſcid, ſtinking Jelly; after which, give them to eat of the Goat's Fleſh for Dinner; by this Means they will be perfectly cured; ſometimes only two *Bolus's*, but commonly three, at the moſt, will anſwer Expectation; and it's far more advantageous to the Owners to pay for a Goat, than loſe a Slave; for many thouſands are loſt only for want of good Treatment, to the great Diſhonour of Surgeons, and Prejudice of Owners. If a Bubo happen, give no Medicines internally, ſave a Glaſs of Brandy betwixt while, and apply *Emplaſt. è Mucilag.* it will ſoon come to Suppuration, and

then you may (after having made Incision) apply Pledgets wet in the following Mixture.

℞ *Spir. Vin.* ℥jv. *Theriac. Venet.* ℥ß. *Balſ. Capayb.* ʒij. *Gum. Guajac.* ʒi. *ſubtiliſſ. pulv. f. miſtura.*

Which will perfectly cleanſe and heal it, and in the mean time give them every other Day a Glaſs of Brandy, in which have been infuſed *gr.* viij. of the *Mercur. Vit.* all Night, and that will cleanſe them inwardly in three or four times taking at the moſt; for it will purge very gently, and excite a *Diaphoreſis.* This is a very eaſy, ſafe, and ſure Method of Cure, and will never fail, if you follow it exactly and carefully. But then you muſt augment or diminiſh the Doſe of *Mercur. Vit.* according to the Age and Strength of the Afflicted. Oftentimes the Mate of a Ship ſhall go trading up the River, and bring back with him Slaves that are yawſed to a great Degree, with Blotches and Puſtles all over their Heads; yet the poor Creatures ſeem to be fleſhy and ſtrong, and if the Queſtion be put to them to the contrary, they anſwer, they are not *yarry, yarry, i. e.*

ſick. Theſe ſhall certainly be capable of infecting others on Board in a very few Days, and the Flux will inevitably ſeize them in a few Days after; when they'll become mere Skeletons, and drop off. If they are viſited at firſt coming on Board, they will be found to have an inveterate *Gonorrhœa*, or if Women, Ulcers in the *Pudenda*, which they will conceal if poſſible. In ſuch a Caſe they may be purged either with *Pil. Coch. reform.* or the Tincture of Scammony aforementioned, for twice, intermitting a Day between the Purgations, and then you may proceed with the *Merc. Vitæ*, and repeat it every other Day, 'till you ſee the Ulcers dry up, the *Gonorrhœa* ſtop, and the Puſtles in the Head, Neck, and Face fall off, after which their Excrements will be rendred unmixt with any fetid gelatinous Matter, and this is a Sign that they are perfectly cured. After this you'll perceive 'em to recover their natural Complexion, and get Strength and Fleſh every Day. For Ulcers in the internal Parts of the *Labia* in Women, it will not be improper to apply Pledgets arm'd with the following Mixture.

℞.

℞ *Balſ Capayb.* ʒij. *Merc. Vitæ gr.* xvi. *Gum. Guaiac. gr.* vj. *Mel. Roſ.* ʒj. *M.*

Sometimes the Yaws appear in no other Form than that of theſe Ulcers with callous Lips, and then this Mixture will digeſt, cleanſe and deſiccate them, altho' you muſt never omit to give the *Merc. Vitæ* for two or three times, after which there will be no Danger of their falling into the *Diarrhœa*, which is eaſily known by their girding their Loins, and by the *Gonorrhœa* which always accompanies it; for altho' they have ſome time before had a *Gonorrhœa*, which is ſtopped; yet as ſoon as the Flux begins, the *Gonorrhœa* alſo appears, and they run very copiouſly, which is the moſt certain Mark, by which you may diſtinguiſh the Yaws Flux, from a ſimple *Diarrhœa*. This is the mortal Diſeaſe that cuts off three parts in four of the Negroes, that are commonly loſt on Board Ships; which, if all Surgeons that frequent this Coaſt knew, and alſo the real Symptoms of the Yaws, they might eaſily prevent the Death of many thouſands of thoſe poor Wretches, by

treating them rightly e'er it is too late, and ſo augment their own Profit, and be very ſerviceable to their Owners.

## CHAP. XIV.

### *Of the Negroes Diet.*

I HAVE remarked, that one of the great Cauſes of loſing the Slaves, comes from very bad Food, and the Abuſes they are obliged (in other reſpects) to undergo on Board, than which nothing except the Yaws deſtroys more of them, both Men, Women, and Children. You muſt know, that they are accuſtomed (many of them) to eat a great deal of Palm Oil with Fleſh or Fiſh, for they make Sauces of it, and the Juices of either Citrons or Oranges for Fiſh or Fleſh; and they eat alſo a great Quantity of Pepper, but are not uſed to any ſalt Proviſion; neither are they confined to two Meals a Day, or debarred from Water; altho' many times they chooſe rather to ſuck an Orange, than drink either Water or Palm-wine, and now and then betwixt Meals they roaſt a Plantain, or an Ear of Corn, and eat, or elſe a *Yamm*, with Pepper

Pepper and Palm Oil, and then they drink either Wine or Water, or perhaps eat a few Dates, or ſuck the Liquor of a Cocoanut, juſt as they have a Fancy. Theſe things I have been an Eye-witneſs to many a Time, not only at the Grandy-mens Houſes, but other midling ſort of Peoples; as for thoſe that have been Thieves, and lived by their Artifice, they eat commonly better than others; for they always ſtrive to carry off the beſt of all Fruits, Fowls, or Cattle, in order to feaſt their Concubines, and keep them Fat, Plump, and Gay, and by that Means render them more amorous and conſtant. But the Caſe is very much altered with them, when they come on Board: For in the firſt Place they are obliged to two Meals a Day, and are ſcarcely allowed two Spoonsfull of Oil amongſt a whole Meſs, which ſerves ten, and then for Pepper they muſt ſhift with a very ſmall Quantity, and are forced to eat too much Salt, which is a thing they little care for, unleſs it be in a very ſmall Quantity. And many times they have Peaſe boiled for them, with a great many rotten ſalt Herrings, and a ſmall Quantity of Palm-Oil, which is ſo little, that were

they not to ſee it put in, they could not tell by the Taſt that they had any. Theſe are Foods that very few of them will eat. Very often they are abuſed by Sailors, who beat and kick them to that Degree, that ſometimes they never recover, and then the Surgeon is blamed for letting the Slaves dye, when they are murthered, partly by Strokes, and partly famiſhed; for if they do not eat ſuch ſalt things as are enough to deſtroy them, they muſt faſt till Supper, and then they loſe their Appetites, and perhaps fall ſick, partly thro' faſting, and partly with Grief to ſee themſelves ſo treated; and if once they take any thing to Heart, all the Surgeon's Art will never keep them alive; for they will never eat any thing by fair Means, or foul, becauſe they chooſe rather to dye, than be ill treated. Another ſort of Food is provided for them, which is what the Seamen call *Dab a Dab*. This is Horſe-beans boiled all to Paſte, and then ſtuffed with rotten Herrings, which they hate for the ſake of the Herrings, for they would eat very hearty of the Dab a Dab without Herrings, provided they were allowed Palm-Oil enough, a ſmall Matter of Salt, and good Quantity of Pepper, and it would

would be very proper Food for them, eſpecially if they had a ſmall Matter of Beef or Pork with it, that was well watered, before it was boiled in the Beans. Other whiles alſo they have Beef boiled, and that's a jovial Day with them, but it happens but ſeldom, and is very rarely watered for them, for which reaſon it doth them harm, for when very ſalt things are provided for them, they are very thirſty after, and what is worſe, they are debarred of Water, for which Reaſon the ſalt Food torrifies the Blood, and corrupts it, becauſe it's ordinary Motion is retarded, and the Spirits ſuffocated; whence come Cholicks, and Death. When they are coſtive and griped, they ſtay betwixt Decks and will eat nothing, but cry *yarry*, *yarry*, and perhaps creep under one of the Platforms, and hide themſelves, and dye there, and the Surgeon can't think what is the meaning on't. Beſides, when they hide themſelves ſo, it's for fear of being ill treated; and indeed ſo they are, notwithſtanding; for either Sailors, or Guardians (which are Slaves protected to domineer over the reſt) will go down to fetch them out, and force them to eat, and kick, punch them, and beat them ſo un-

unmercifully to bring them out, that what thro' Fear, as well as Kicks and Blows, they are murthered, at leaſt put into the way to expire, if they would not have otherwiſe died with Cholicks and Grief. I muſt needs ſay my Heart hath been ready to bleed for thoſe poor Wretches, when they have been ſo treated; and I have alſo ſaved many a Hundred (by God's Aſſiſtance) both from Abuſe and Death. I am very ſenſible, that it's impoſſible to maintain the Slaves on Board, after one quits the Coaſt, without ſalt Proviſion, but then Care might be taken to water the Beef and Pork, e're it be boiled, and alſo to bring a Cruce of Palm-Oil round the Deck from Meſs to Meſs, and alſo Pepper, and let every one take as he pleaſeth, for ſome will eat a great deal, others very little, and likewiſe the Water, let each drink what he liſteth in Moderation, and think not, it is ſufficient to give each of them a Spoonfull of Water at Dinner, and another at Supper, the Days are too long, and hot, and they are uſed to drink often; therefore hinder them not the Benefit of a little Water, when they make Signs for it, and do not be ſo fooliſh as moſt of the Surgeons

are

are on that Coaſt, to think that drinking their fill will give them the Flux, which, as I told you before, comes from Relicks of the Yaws, that lie hid in their Bodies, and you can never cure it, if once it ſhews itſelf; and therefore you muſt take care to obſerve them all every Day, and ſee whether they have any Symptoms that may give you Suſpicion, and treat them accordingly in time. Another principal cauſe of their Deſtruction, is forcing them into a Tub of cold Water every Day, and pouring the Water on their Heads by Bucketsfull; altho' they are accuſtomed to bathe themſelves at Home, ſometimes they may be a little indiſpoſed, and then they fear the Bath, unleſs for the Clap, (as you have it before) but on Board, if Signs will not do, when ſome refuſe the Bath, Blows and Kicks, and Cats muſt, and perhaps ſometimes they have Gripes, and that is the Reaſon they do not care for the cold Water, becauſe it's in ſuch a Caſe prejudicial, and not ſeldom their Bane; and notwithſtanding the poor Souls will endeavour to make the Commander and his Crew ſenſible of their Illneſs by pointing to their Stomach, or Belly, and ſaying *Yarry*, *Yarry*, yet that will

will not ſerve their turns; in they muſt, and many times are dead in twenty four Hours; and then 'tis, *what a Devil makes theſe plaguy Toads dye ſo faſt?* To which I anſwer: It's Inhumanity, Barbarity, and the greateſt of Cruelty of their Commander, and his Crew, together with either Ignorance of the Surgeon, or his downright Cowardice, in not daring to adviſe his Commander better. So that you may eaſily conceive the Reaſon why ſome Ships take in five or ſix hundred Slaves, yet perhaps by ſuch time as they arrive at the *Weſt-Indies*, or *Virginia*, they loſe above three Parts of them. Moreover they are accuſtomed to divert themſelves at Home with Dancing, and Singing, and Drinking, altho' in Moderation, and are alſo not everlaſting, but laſting Smoakers, and therefore you muſt obſerve to order them now and then a Glaſs of Brandy, eſpecially when you ſee them a little dull and melancholy; and give them betwixt whiles Tobacco, and Pipes; for as they are uſed to ſmoak from their Infancy, it will be very pernicious to them to leave it; and ſeeing the Owners allow both Brandy and Tobacco ſufficiently for them (altho' it's very often embezzled away for other Uſes)

you

you muſt ſpeak boldly for it, and tell the Commander ſuch and ſuch things are abſolutely neceſſary; and that he muſt treat the Slaves kindly, and not ſuffer them to be abuſed, or pinched of Proviſion, unleſs he has a mind to deſtroy them: And beſure to repreſent all theſe things to the Owners before you engage in their Ship; for it's much better for them to be at a hundred Pounds charge more than ordinary, than to loſe above half their Slaves, ſince the Death of a very few will be upwards of that Money out of their way. And moreover deſire them to ſpeak to the Captain, before you go on Board, and that in your Preſence, to leave the Management of the Slaves wholly to your Care in all reſpects, according as you find it neceſſary to feed and phyſick them. Don't go, unleſs you can have that Authority; ſeeing that the only thing which contributes to the Health of theſe poor Creatures, and on which the Good of the Voyage, and your own Reputation depends, is to nouriſh them well, deal kindly with them, and divert them often with Drum, Dancing, *&c.* in order to diſſipate the ſorrowfull Thoughts of quitting their own native Country, Friends, and Relations.

## *The Manner of Preparing* Mercurius Vitæ.

TAKE of crude Antimony ℥j. Salt-Petre pulveris'd ℥ij. lay them ſ. ſ. ſ. in a good ſtrong Crucible, beginning and ending the Lays with Salt-petre; Lute on another Crucible, and place them in an open Fire till the Detonation ceaſeth; then take the Crucibles out of the Fire and throw the Contents into warm Water in order to ſeparate the Antimony from the Nitre, repeating the Lotion ſo often, till the Water be taſtleſs, after which dry the Antimony, which will be of a white Colour. Powder it in a glaſs Mortar, and waſh it again five or ſix times in AR, dry it again and keep it for Uſe.

Mix of crude Antimony in fine Powder, and of Quickſilver, each ℥j. in a glaſs Mortar; put them into a glaſs Retort, to which lute a glaſs Receiver, three parts full of Water. Place the Retort in a Sand Heat, and the Quickſilver will come over into the Receiver, and ſink to the Bottom in the Form of Butter; pour off the Water from it, and dry it

it either with Crumbs of Bread, or with Linen Cloths, and mix it with an equal Quantity of the former Preparation. Blend them well together in a glaſs Mortar; then put them together in a glaſs Veſſel, and pour on them double their Quantity of Spirit of Nitre, and place the Veſſel in hot Aſhes, till the Spirit be evaporated; then beat it again in a glaſs Mortar, and waſh it five or ſix times with AR. Dry it in the Mortar, and burn Spirit of Wine upon it for once only, and you'll have the true *Mercurius Vitæ*.

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Negroes.

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a Bitter — p 46

℞ of ye Root of Zedoary slic'd. Half
an Ounce ~~of the~~ of Gentian
one Dram: Germander a Handful
Pill or Citron = Pool
~~Bark~~ of Citron One Dram
Lid. Cortices Barks and Quinq = Pill or Pool p 45
Flowers of Chamomile Two
pugills: Juniper Berries a
little bruis'd half an Ounce
Boyl in Two pints & a half of
water to Two pints (ie) 2 lbs & 2 oz of an Hour
ay soon as Cold strain it &
yu keep it in a glass'd Mug
for Use (in a glass of white Wine)
Take of ye Decoction three spoonfulls
in ye Morning fasting
three spoonfull abt Two Hours
after dinner, &
three spoonfull Two Hours
aft. supper